EXPERIENCE JAPAN IN NEW YORK CITY

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Schools, Lessons, and Classes that Teach the "Essence of Japan"

SPECIAL INTERVIEW

Motoatsu Sakurai
(President of Japan Society)

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CHOPSTICKS NY™

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The themes of the cover of this month's issue are "Schools, Lessons, and Classes on Japanese Culture." To find out more about them, check out the featured article from page 8.

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"IT'S BEST WHEN PEOPLE APPRECIATE GOOD THINGS AS THEY ARE, REGARDLESS OF WHERE THEY'RE FROM."

— MOTOATSU SAKURAI

MOTOATSU SAKURAI *After graduating from Tokyo University, Mr. Sakurai began working for Mitsubishi Corporation. His business career also includes working as a loan officer with the World Bank and as an investment officer at the International Finance Corporation in Washington, D.C. In 2003, he was named president and CEO of Mitsubishi International Corporation. In 2006, he was appointed ambassador and consul general in New York after a successful 40-year career in the private sector, making him the first business executive to serve as ambassador and consul general. Mr. Sakurai took over the leadership of Japan Society this April as the first Japanese-born president of the institution.*

Mr. Motoatsu Sakurai was the first ambassador and consul general from the private sector to serve at the Japanese Consulate in New York, where he incubated projects that arose from his fresh point of view and strong leadership. Now, appointed this past April as the first native Japanese president of Japan Society, Mr. Sakurai takes the helm at this century-old nonprofit organization.

It's been almost a month since you were inducted as president of Japan Society. How would you describe the first month?

It has passed in a flash. I've been trying to understand what this institution does and how it functions in more detail as well as meeting each staff member to know him or her better in relation to his or her role here. Since I tried to meet them all, it took a long time, but I think I've gotten the general idea by now. One of the things I noticed is that the staff members are outstanding, so I feel like our discussions have gone very smoothly.

Also, I learned that here we deal with a wide variety of activities, more than I realized. Well, of course, since we are an institution promoting exchange between Japan and the US, we are allowed to do anything we think of, in a sense, but before I didn't realize the breadth of our activities. For example, our gallery and performing arts programs are well known to the public, but our Language Center is relatively unknown. The program, whose facility was actually donated by Toyota Corporation, has a solid reputation. In addition, we often hold corporate programs, such as lectures and discussions on timely issues. About two weeks ago, Mr. Masaaki Shirakawa, Governor of the Bank of Japan, gave a speech here, and the event attracted such a huge audience that our auditorium was full. Since there are many business people in New York, such corporate programs are especially meaningful. We have education programs as well, although not

so many people know about these. I attended a Children's Day event the other day and was surprised that many children were from internationally married couples and even non-Japanese couples. I had expected that Japanese families would come to this sort of event to remember their native culture, but what I found was completely different. I am grateful that people who are unable to be in Japan use our program. From our perspective, this is particularly good for expanding the foundation of our supporters.

There is one more thing, which is almost invisible to the public. It's the education program for educators in middle and high schools who plan to teach something related to Japan like history, culture, et cetera. It is often hard for these teachers—especially if they haven't been to Japan—to acquire this knowledge to pass on to their students. Our program helps them. I think this is particularly interesting. The Chinese government funds and really focuses on promoting China through educational programs, and Japan Society is happy to be able to help teachers educate students about Japan.

Japan Society is an American institution established on a Japanese foundation. In this sense, most of the financial contributors are US citizens, and in terms of corporate contributions, the percentage from Japanese corporations has been little as long as I have observed. It might be good if the ratio were close to even, since the US and Japanese contributors blend so well.

Sushi, sake, karaoke, sudoku... many aspects of Japanese culture are accepted internationally. What do you think the next big Japanese thing will be in the US?

That's a good question. Hmm, this might not answer your question, but as one of our lecture series, we hosted a discussion between world-renowned architects Paul Tange, son of Kenzo Tange, and César Pelli to draw a vivid image of how Japanese creativity gets accepted and how Eastern and Western cultures blend together. As you see, sushi is essential in the food scene in New York today—in other words, Japanese culture exists naturally in another culture. Architecture, fashion, jewelry design, music... these are things that exemplify the creativity of Japanese people. I think many people don't recognize that they are from Japan, but they may think "Oh, that's good." It's best when people appreciate good things as they are, regardless of where they're from, and I think the frequency of that is growing.

So we have to consider which direction Japan Society should take. If we decide to represent the current trend of Japanese culture being accepted in this diversified way as I just explained, there are many things we haven't yet done. Or should we keep putting an emphasis on exploring the artistic element? In this regard, the current exhibition, KRAZY! The Delirious World of Anime + Manga + Video Games, is a part of the former category and leads to more fans of Japanese contemporary culture. The visitors to KRAZY!, including children, might not appreciate the art of Japanese lacquer. But when those who come here to see this anime, manga, and video game exhibition see Japanese lacquer, they will definitely be able to connect Japanese lacquer with Japan. So this would ultimately contribute to increasing our audience. The issue here is how we can combine the two directions.

From a global point of view, what is Japan criticized for?

As a general tendency, Japanese people traditionally look inwardly. Think about how they are dealing with swine flu. They don't allow a single infected person to come in. It's a good example of how perfect Japan's border defense is. It is unbelievable for other countries. Japanese have a strong sense of borderlines. I feel like this inward tendency has grown these days. On the other hand, most important events happen under global circumstances. If my observation about Japan is correct, this tendency could make the country more isolated and set back its progress in this global society. Japan is often criticized for lacking its own message. Even though its message sounds weak, what Japan actually does can be appreciated as strong. Since each message from Japan sounds more or less low key, Japan might appear to be lacking messages as a whole. So Japan has to look at itself more objectively and think more seriously about how people outside the country view it.

We are now experiencing an economic downturn on a global scale. Would you suggest anything that Japan and the US can do together to solve this problem?

There are many. Since there is no pending issue between the US and Japan—the security pact has a solid framework and Japan invests in American corporations to create employment—the economic partnership between the two countries has been established. Well, what are the issues under these circumstances? The answer would be global issues as I touched on previously—let's say an environmental issue like acid rain, for example. Japan is the most powerful country among Asian countries that rely on democracy and the free market—like the US. It is needless to say. It is crucial for the two countries to reach across their borders and cooperate with each other to deal with global issues such as energy conservation and recycling, as well as other problems of our planet. They already know that the important thing is how to approach these issues. But it may not always go so smoothly because both the US and Japan have their own pride. To clarify this, the cooperation of the two countries resembles the style of a joint venture business, I think. Generally speaking, a company in such a situation tends to think about taking from its partner rather than giving to the partner. An "even relationship" in this context is often misinterpreted. Each side is not satisfied until it takes more than the other. Analyzing this objectively, it is true that this propensity interferes with smooth negotiations. So in my humble opinion, it is necessary to think more about giving in order to solve global issues.

——Interview by *Noriko Komura*

PROGRAM HIGHLIGHTS AT JAPAN SOCIETY

June 15. **Japan Society 2009 Annual Dinner**
This dinner features keynote speaker Fujio Mitarai, Chairman of Nippon Keidanren and Chairman and CEO of Canon Inc.

June 30-July 12. **JAPAN CUTS. Festival of New Japanese Films**
The only large-scale annual Japanese film festival in North America brings a sizable slice of Japan's contemporary film scene to New York City. JAPAN CUTS is a diverse selection of the most notable recent films from Japan.

July 12. **Japan's Star Festival: Tanabata**
A child-friendly theatrical performance introduces Japan's famous Tanabata legend. Participants will make paper ornaments and their own traditional tanzaku.

For more programs and event information, go to Japan Society's website: www.japansociety.org

Beauty

Bring Back Healthy Hair with Revolutionary Treatment "ApHogee"

Have you given up hoping for the "naturally healthy look" ever coming back to your chemically treated, heavily ironed hair? Despair not! There is a remedy – a very effective one – called **ApHogee** (pronounced "afozee"). It is a concentrated protein solution that fuses into hair with heat and completely re constructs cuticle, which is also made of protein. Unlike any other coating type conditioners, with ApHogee the repaired state lasts longer.

Salon Vijin, known for being one of the first to introduce the Japanese Straight Perm technology to the US, employs this newly developed treatment system. At the salon, your hair is first thoroughly washed and conditioned using negative ion water (the salon features negative ion adoption). Followed by towel dry, hair may be subjected to pre-treatment steps (if any). ApHogee is then carefully applied to the hair by using a comb. Then the hair is thoroughly dried with heat until it hardens to a crisp. When ApHogee is washed away, voila! You'll realize your damaged hair becomes impressively silkier and shinier.

"To compensate for the possible damage such as a perm can do to your hair we've inevitably had to have an eagle eye on an excellent hair repairing system. ApHogee treatment is *it*," Minoru Minamida, the owner of the salon, affirms. ApHogee can be used in combination with other follow-up hair care products to maximize its effect.

1. Damaged hair looks so dry and stiff.

2. Once the hair absorbing ApHogee solution is dried, it hardens.

3. After washing off the solution, the hair becomes so alive and strong enough for any styling.

Salon Vijin
10 Rockefeller Plaza, Concourse Level, New York, NY 10020
TEL. 212-664-0664 / www.salonvijin.com

Drink

Drink Up a Glass of Sake with Friendly Ghosts

Manga and anime characters are not just for audio-visual entertainment—in the case of Mickey Mouse pancakes and Hello Kitty chocolates, they can also be used to tempt people's appetites. Even though these are just endorsements consumers really are tempted. But how much do these products really have to do with Mickey Mouse or Hello Kitty? The time-honored sake brewery, Chiyomusubi Brewery, has created a series of sake, **the Kitaro Jungin Cup Series**, based on the popular and respected manga Ge-Ge-Ge no Kitaro. This manga series depicts the everyday life of yokai (ghost) society, in which the ghosts, who can never be cute or handsome, must use original, magical powers to solve problems. No wonder sake infused with the ghosts' unique characteristics has attracted many customers.

Luckily, three of the flavors in the series are now available in the US market. All of them are junmai ginjo sake which is the highest quality of sake, and each has been brewed from a different variety of rice to produce distinctive flavors according to each manga character. The sake for the central manga character, Ge-Ge-Ge no Kitaro, is dry but well balanced, with a sharp aftertaste. The sake for Medama-oyaji, the one-eyed old man, is full-bodied and boasts a deep, slightly smoky aroma. Nezumi Otoko, the rat man, has a medium dry sake with a hint of a gorgeous and round aroma. If you are familiar with the manga, you can choose by the character's name, of course, but even if you aren't, you can take extra pleasure in understanding the characters by drinking each one's sake namesake.

Another important and fun feature of this series is that each bottle comes in a drinking glass – a 6.3-ounce (180ml) glass with a pull-top. This is an extremely popular style in Japan because of its size and handiness. Enjoy the tastes of friendly Japanese ghosts in the Japanese way.

Ge-Ge-Ge no Kitaro　Medama-oyaji　Nezumi Otoko

Info: **IFC International, Inc.**
40 Varick Ave. Brooklyn, NY 11237
TEL. 718-456-8805 / www.ifc.com

Food

You're Natto Gonna Believe This New Dressing!!

Everything is better fermented. Grapes turn to wine, malts to beer, and soybeans to natto. Most Japanese people love natto for its super-food quality. Soybeans are healthy enough, but fermentation increases the bean's nutritional value exponentially. Natto is great for the skin, prevents blood clots, lowers cholesterol, contains lots of Vitamin K, and may fight abnormal proteins that cause Alzheimer's. But there's a catch: because of its stench, bland taste, and slimy texture, natto is not very appetizing to many non-Japanese people.

Aoba Foods has come to the rescue by creating its delicious new natto dressings. The president of Aoba Foods, Yoshimi Suga, is a chef and restaurant owner who has developed the perfect blend of ingredients that is sure to please both natto lovers and haters, alike. Mr. Suga has made sure that the dressings maintain all of the health benefits of natto, while eliminating its slimy texture and reducing the smell. And he has managed to pack the dressings with flavors that compliment the essence of natto.

The dressing comes in "sesame," which has a pleasant nutty flavor, and "chuka," a soy sauce flavor that will stimulate your taste buds. Use some sesame natto dressing on a fresh tofu and wakame salad, or mix it in your tonkatsu sauce, and enjoy the added nutrition found in sesame seeds. Sauté up some chicken with the chuka dressing to spice it up, or top off a light salad for a crisp flavor. Natto has been a dietary staple in Japan for centuries, and goes excellent with white rice, but with Mr. Suga's new dressings, the culinary possibilities are now endless.

Many people may still hesitate at anything related to natto. But it is certain that after trying this dressing, all will realize that natto is notto so bad, after all!

Info: www.aobafoods.com (Japanese only)
*Natto Dressings can be purchased at Sunrise Mart SoHo (494 Broome St., New York, NY 10013 / TEL: 212-219-0033)

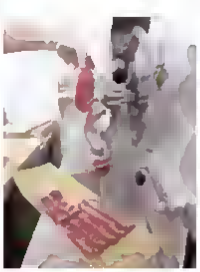
Shop & Food

"Washugyu": A World of "Marble" for Meat Lovers

Like any living things, all cows are not created equal! The newest and most selective butcher in town, **Japan Premium Beef, Inc.** (JPB) specializes in a specific cattle breed, "washugyu", and offers outstanding quality meat to all beef lovers. The butcher shop, which supplies the most upscale restaurants in the city, is now open to retail and brings the five-star restaurants' quality meat to your table at a fraction of the cost.

Raised in Oregon, the cows take the best of the cross-breeding between the famous Japanese "wagyu" and the finest American "Black Angus". Genetics is certainly important in obtaining the best quality beef, but the washugyu's strongest asset is its use of the most sought after Japanese feeding method. The cattle go through ten stages of feeding by the time they reach 28 months. The secret regimen combines a mix of all natural grains and grasses high in fibers like corn, barley, wheat, alfalfa, rice straw etc...no added antibiotics and no growth promotants. Allowed to run freely, the cattle develop a softer saturated fat content which gives this unmatched overall marbling to the meat. The flavor of the washugyu is intense and grassy. The knife runs into it like in butter and the meat melts in your mouth.

JPB offers three main categories of meat: steak cuts, BBQ pieces and thin layers for Shabu Shabu and Sukiyaki styles. JPB is equipped with unique machinery imported from Japan, which allows them to cut the meat in thin slices without it ever being frozen. The flavors are fully preserved and the texture is never saturated with unnecessary water. So sharpen your butter knives, meat is on the menu tonight!



Japan Premium Beef
57 Great Jones St. (bet. Bowery & Lafayette St.)
New York, NY 10012
TEL: 212-260-2333

KONKATSU （婚活）

Looking For Love In New and Old Places

New TV drama "Konkatsu!" features celebrities such as Masahiro Nakai, Yumiko Shaku, Ryuta Sato and Isao Hashizume portraying characters who all have something in common: they are searching for a lifetime partner. But can true love be found through speed dating, cooking classes, dinner dates, golf or pottery? Official website of "Konkatsu!": www.z.fujitv.co.jp/kon-katsu/index.html (Japanese only)

There's an old saying that if you are 26 years old and unmarried in Japan, you were a "day old Christmas cake" that nobody wanted. The days of naturally finding a partner and getting married at an "appropriate age" have somewhat diminished. But in recent years, looking for love has taken on a whole new meaning.

"Konkatsu" is a recently coined phrase which is the shortened form of "kekkon katsudō" (the activity of looking for someone to marry). This is similar to "shushoku katsudō" (the activity of looking for a new job). The idea is that, in order to get a new job, you have to be actively searching. In order to get married, you have to be actively looking for a suitable partner. The phrase became popular after family sociologist Masahiro Yamada wrote a book about the current generation of Japanese looking to get married. According to a survey conducted by the Japanese Ministry of Health, Labour and Welfare in 2005, the average age of marriage in Japan is 31.7 for men and 29.4 for women. Yamada attributes the rising marriage ages to issues such as men not being able to find a proper full-time job, women's increased ability to support themselves, the drive to become a career woman, etc. In his book, Yamada examines how difficult it is to find a suitable lifetime partner, and this pursuit became known as the trend of "Konkatsu."

Traditionally, there has been a pattern that Japanese people would meet at work and get married. But with increasing divorce rates, people are thinking twice about marrying someone from the workplace in case of a divorce, and are looking for new ways to meet people. In addition, there used to be some social stigmatism tied to using a marriage service. It meant that you couldn't find a partner on your own or were an undesirable partner in some way. But times are slowly changing, and rather than waiting for Mr. or Ms. Right to come along, Japanese are becoming more pro-active.

Some people go to parties and introduce their friends. Others are looking to the internet. In previous generations, some people kept it a secret that they were actively looking for a partner because they didn't want others to think that they couldn't find someone. However, as more and more women register at dating or marriage services, it is becoming increasingly, socially acceptable to talk about searching for a partner. Looking for a partner has become such a mainstream activity that even TV dramas are popping up.

NHK has started a new TV drama called "Konkatsu Rikatsu" ("Rikatsu" is about the activity of getting divorced.) The show features two women aged 39, one of whom must get married and the other whom must get divorced due to their personal circumstances. The show follows the stories of these two women who have been friends since elementary school, yet have very different values. This show examines topics that are often on people's minds such as "What is love?" and "What does it mean to be married?"

The Fuji Television drama "Konkatsu!" features Amemiya, a man who has lost his job and lies about being married to get a new job. This lie snowballs into other twisted tales and stories with his co-workers. Amemiya wants to keep his job and tries his best to keep up the façade. He eventually teams up with some of his co-workers to try and find a real wife. Rather than just having the usual "Go-kon" [a party where men and women introduce their mutual friends], Amemiya and his friends attempt to meet women through other means such as cooking and yoga.

Only time will tell if these "Konkatsu" efforts will pay off.

——Reported by *Kia Chelcen*

Masahiro Yamada's book about the "era of actively searching for a marriage partner" examines the issues of why one in four Japanese are unable to find a partner.

FEATURED STORY

SCHOOLS, LESSONS, AND CLASSES THAT TEACH

THE ESSENCE OF JAPAN

PRACTICAL JAPANESE LESSON: "NIHONGO O HANASOU"

Learning the Japanese language is a good step toward knowing more about the culture.
Here we present the extended version of our monthly "Japanese Lesson."
You will learn useful expressions that you can use in everyday situations.

FEATURED SCHOOL

JAPANESE COOKING STUDIO / KAIZEN KARATE DOJO / KEIO ACADEMY OF NEW YORK

ABSOLUTE PIANO / DESSERT CAFE LUXEE / JAPANESE-AMERICAN SOCIETY OF NEW JERSEY (JAS OF NJ) / JAPANESE STUDY HALL NY / KEN ZEN INSTUTUTE / KIMISEN KATADA / LANGUAGE HOUSE / MUD, SWEAT AND TEARS / NYC NIHONGO DE ASOBOU! (NYCNDA) / N.Y. TOGEI KYOSHITSU / SACHIYO ITO AND COMPANY DANCE SCHOOL / SEIKO SHODO / SHIN BUDO KAI AIKIDO / SHINJINBUKAN NEW YORK SHIBU DOJO / TOHO SHOJI NEW YORK INC / TOMOKO ISSHIKI PIANO STUDIO

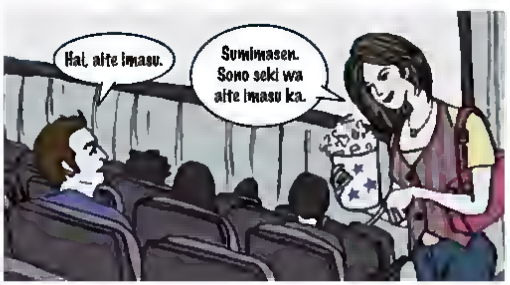
LISTINGS

BEAUTY / HEALTH

PRACTICAL JAPANESE LESSON
"Nihongo o hanasou"

With its many characters and different grammatical structure, the Japanese language is complicated for non-native speakers, but learning Japanese definitely enhances your ability to enjoy Japanese culture. Here, we introduce three useful expressions that you can use in everyday situations. If you plan to stay in Japan, travel to Japan, or do business with Japanese people, try these expressions. They might be difficult for beginners, but you can always go to our website and review the Japanese lessons in earlier issues of Chopsticks NY. Have fun speaking Japanese!

Lesson 1: -te imasu / -te mo ii desu ka



[Conversation: at the movie theater]
A. Sumimasen. Sono seki wa aite imasu ka. (Excuse me. Is that seat free?)
B. Hai, aite imasu. (Yes, it's free.)
A. Suwatte mo ii desu ka. (May I have a seat?)
B. Hai, douzo. (Yes. Please.)

Here, you see two basic expressions that require one of the most important verb forms, the "-te form." This form is used in many expressions. In other words, you cannot converse in Japanese without knowing this form. The first expression uses the -te form of a verb + "imasu" to describe the state of a condition or an ongoing situation. The other expression uses the -te form of a verb + "mo ii desu ka" to ask permission.

In the conversation above, "aite imasu" is used. "Aite" is the -te form of the verb "akimasu," meaning "to open." In order to suggest that the seat is open (free), you have to use "aite imasu" instead of using "akimasu," which implies merely the action of opening. If you would like to say "I am eating," you should say "tabete imasu" instead of just saying "tabemasu."

"Suwatte," as in "suwatte mo ii desu ka?" is the -te form of "suwarimasu." When you ask "May I...?" this expression is used. So "May I ask a question?" would be "Kite mo ii desu ka" (-te form of "kikimasu" + "mo ii desu ka") or "Shitsumonshite mo ii desu ka" (-te form of shitsumonshimasu + mo ii desu ka). The rules for making the te-forms of verbs are very complicated. See them on page 9.

[Grammar]
- -te form of verb + imasu: expressing the state of a condition or an ongoing situation
- -te form of verb + mo ii desu ka: asking permission

[Vocabulary]
seki: seat, space
akimasu: open
suwarimasu: sit, have a seat

Lesson 2: -te moraemasu ka, -te itadakemasu ka

[Conversation: at a souvenir shop]
A. Irasshaimase. (Welcome.)
B. Furoshiki o sagashite imasu. Osusume o misete moraemasu ka.
(I'm looking for furoshiki. Would you show me something you recommend?)
A. Kashikomarimashita. (Certainly.)

Although there are some unfamiliar phrases in this conversation, the key expression you should learn is the -te form of a verb + "moraemasu ka." This is used for asking somebody to do something. Some examples are: "Kiite moraemasu ka" (Would you listen?), "Sore o totte moraemasu ka" (Would you get it?), and "Setsumeishite moraemasu ka" (Would you explain?). "Kiite" comes from the -te form of "kikimasu," "totte" comes from "torimasu," and "setsumeishite" comes from "setsumeishimasu."

You learned the expression "misete kudasai," which asks somebody to show you something, in the previous lesson, its meaning is almost the same as "misete moraemasu ka." The expression you are learning now is slightly more polite than the one you learned before. If you would like to be even more polite, you'd better use "misete itadakemasu ka." Just change "moraemasu ka" to "itadakemasu ka."

[Grammar]
- -te form of verb + moraemasu ka: asking somebody to do something
- -te form of verb + itadakemasu ka: polite expression meaning the same as above

[Vocabulary]
irasshaimase: common and polite phrase meaning "welcome" (comes from the honorific form of a verb meaning "to come")
furoshiki: Japanese wrapping cloth
sagashimasu: look for, explore
osusume: recommendation
moraimasu: receive
kashikomarimashita: common and polite phrase meaning "I accept your order"

Lesson 3: -to omoimasu, -to kangaemasu

[Conversation at a souvenir shop]
A. Kono jouken dewa muzukashii desu ka.
(Is this difficult under this condition?)
B. Nittei shidai dewa dekiru to omoimasu. Buchou ni soudanshimasu.
(I think it would be possible depending on the schedule. I'll consult with the director.)

"I think" is one of the most frequently uttered phrases in conversation, and it's easy to learn how to say it in Japanese. You simply add "to omoimasu" at the end of the clause you want to say that "you think." For example, if you think "sushi wa oishii" (sushi is tasty), you can say "Sushi wa oishii to omoimasu." Or if you want to say you think it's cold today the sentence would be "Kyou wa samui to omoimasu."

One very important rule you should keep in mind when using the "to omoimasu" structure is that the clause before "to omoimasu" should always be in plain form or dictionary form (exhibited on the right). In the conversation above, person B says "dekiru to omoimasu." "Dekiru" is the dictionary form of the verb "dekimasu." The verbs you have learned in Chopsticks NY's Japanese lessons are what are called "masu form." Now it's time for you to learn the dictionary form. Here are some pairs of dictionary and -masu forms: iku-ikimasu (go), taberu-tabemasu (eat), miru-mimasu (see, watch) and nomu-nomimasu (drink).

The expression "to omoimasu" can be used with any clause, but it often comes after adjectives. In the previous example "Sushi wa oishii to omoimasu," "oishii" is an I adjective and its plain form is "oishii," so you can simply add "to omoimasu." In the case of na-adjectives, however, things are not as simple. Take "taihen-na" (tough, hard, difficult) for example. Its plain form is "taihen-da," and if you want to say, "I think it's hard," the Japanese phrase would be, "Taihen-da to omoimasu."

Although it's used less often, "to kangaemasu" has almost the same meaning as "to omoimasu." Both share the same grammatical structure. The only difference is that "to omoimasu" sounds more casual.

[Grammar]
- -to omoimasu (I think / feel that...)
- -to kangaemasu (I think that...)

[Vocabulary]
jouken: condition, term
muzukashii: difficult, hard
nittei: schedule
shidai: depend on, up to
dekiru (dictionary form of verb "dekimasu"): can do, be possible, be able to
buchou: director

VERB CONJUGATION PATTERNS

Verbs in the Japanese language can be categorized into three groups depending on the pattern of conjugation: regular 1, regular 2, and irregular. Here the three conjugation patterns of the -masu form, dictionary form, and -te form are presented. The -masu form is a basic affirmative pattern that is used in present and future tenses. The dictionary (or plain) form is convenient to know when looking up a word in a Japanese dictionary and is used in expressions with "to omoimasu." As explained in the lessons here, the -te form is applied to various expressions. In order to make it easier to understand each conjugation pattern, we will hyphenate each verb (for example: "aruki-masu" instead of "arukimasu").

Regular 1 Verbs: Five Vowel Conjugation

Verbs in the regular 1 group have the most complicated conjugation patterns. To make the dictionary form from the -masu form, you must first find the verb's stem. The last sound of the stem always ends with "i," and when you change the "i" sound to a "u" sound, you get the dictionary form. For example: "hashirimasu" (run) can be divided into "hashiri" and "masu," giving you the stem "hashiri." Change the last sound of "i" to "u," and you get the dictionary form, "hashiru." For the -te forms, each pattern is noted in parentheses.

-masu form	dictionary form	-te form
ai-masu (meet)	*au*	*atte (take out "u" and add "tte")*
kawari-masu (change)	*kawaru*	*kawatte (take out "ru" and add "tte")*
tachi-masu (stand)	*tatsu*	*tatte (take out "su" and add "tte")*
iki-masu (go)	*iku*	*itte (take out "ku" and add "tte")**
aruki-masu (walk)	*aruku*	*arute (take out "ku" and add "te")*
sagashi-masu (look for)	*sagasu*	*sagashte (take out "su" and add "shite")*
yomi-masu (read)	*yomu*	*yonde (take out "mu" and add "nde")*

**Usually a verb whose dictionary form ends with a "ku" sound requires the ending pattern of "ite" for its -te form, as in "arute" above. "Iku," however, is an exception and requires the "-tte" ending pattern.*

Regular 2 Verbs: Single Vowel Conjugation

The conjugation pattern of verbs in the regular 2 group is simple. Find the stem of the -masu form first, and add "ru" to the stem to make the dictionary form, and add "te" for the -te form.

-masu form	dictionary form	-te form
tabe-masu (eat)	*taberu*	*tabete*
mi-masu (see)	*miru*	*mite*

Irregular Verbs

Verbs in this group have irregular conjugation patterns. Since there are only two verbs in this group, it is best to memorize them.

-masu form	dictionary form	-te form
ki-masu (come)	*kuru*	*kite*
*shi-masu (do)***	*suru*	*shite*

*** "Shimasu" is also used to make a verb by combining it with a noun. For example, "setsumei-shimasu" is a combination of "setsumei" (explanation) + "shimasu."*

LONG VOWELS AND DOUBLED CONSONANTS

One of the distinctive features of the Japanese language is its use of open syllables. Each sound consists of either one vowel out of five (a, i, u, e, and o) or a combination of one consonant and one vowel. In order to represent long vowels, we will use the following:

ɑ:=aa i:=ii u:=uu ɛ:=ee or ei ɔ:=ou or oo

In order to pronounce a doubled consonant, you keep one syllable silent. For example, the word "nittei" has four syllables: "ni" + one silent syllable + "te" + "i."

COOK YOUR OWN AUTHENTIC JAPANESE MEALS AT HOME

JAPANESE COOKING STUDIO

How wonderful it would be to make sushi, bento boxes, miso soup, and anything we enjoy in Japanese restaurants by ourselves. Chef, food coordinator, and founder of the **Japanese Cooking Studio** Mamie Nishida teaches us what we really need to know. In addition to private lessons, she also offers customized classes at the Natural Gourmet Institute (www.naturalgourmetschool.com), the Institute of Culinary Education (www.iceculinary.com) and Sur la Table in Long Island, where we can learn to make everything from sushi and izakaya-style dishes to handmade tofu and noodles.

One student reveals, "Simple but sophisticated taste is one of the features of Japanese food, and I wanted to replicate the flavor by myself very much. But it was hard to do that just by following the instructions in my cookbook. Then Mamie told me her tips, and that changed everything! She helps me with her great knowledge and techniques all the time. Now I can enjoy 'real' Japanese food at home." Chef Nishida not only passes on her recipes and demonstrates how to cook them but also introduces the cultural background, manners, and any story surrounding the cuisine, allowing her students to understand it at a deeper level and in a fun way. Also, the hands-on techniques that she teaches can be applied to Japanese food as well as our everyday, non-Japanese cooking. The fun part of any cooking class comes at the end: tasting. As a certified sake sommelier, Chef Nishide brings sake or sometimes shochu and beer, pairing it with the dishes the students have just learned. It's the perfect finale to an enjoyable, educational, and delicious experience.

Besides offering classes, Chef Nishide runs a catering business for events ranging from a family party to a wedding banquet.

Chef Nishida has just launched a sweets brand, Gotta Eat Sweets (www.gottaeatsweets.com), introducing "Truffipops™," a sublime fusion of truffle and brownie. It is a pyramid-shaped, bitesized sweet that has a texture in between that of a brownie and a truffle.

Japanese Cooking Studio
www.japanesecookingstudio.com
TEL. 516-297-9761

PHYSICAL AND MENTAL STRENGTH THROUGH DISCIPLINE

KAIZEN KARATE DOJO

Under the philosophy "Perseverance through constant and never-ending improvement," **Kaizen Karate Dojo** provides various martial arts and fitness classes for both adults and kids. The karate style was established by the founder and "sensei" Mike Mullero, who has trained in several different Japanese karate styles, Korean tae kwon do, and Brazilian jiu jitsu and has more than 20 years of teaching experience. He founded the dojo four and a half years ago in Spanish Harlem, and it quickly expanded to include over 100 kids and 50 adults.

Every single experience and training that Sensei Mullero has ever had is reflected in the Kaizen karate style. For example, in an adult mixed martial arts class, he teaches karate, jiu jitsu, kickboxing, and other elements of martial arts. From warming up to practicing the "kata" techniques of trapping, joint-locking, and holding, all students are focused on refining themselves.

Sensei Mullero emphasizes the importance of not only physical strength but also of mental strength. In his dojo, he teaches courtesy and respect, and the classes are geared toward building self esteem. Sensei Mullero explains, "If a person says 'I can't,' but he knows he must, he will. If I can't, and I know I must, I will. Finishing homework for kids, for example—if I can't, and I know I must, I will. Doing 50 push-ups for adults. It's really attacking the mind, but it's a great foundation because it allows people to really understand who they are."

Through the training at Kaizen, students of all ages can learn the spirit of martial arts, understand who they are, and constantly improve.

Fee: $150 per month with full access to any class offered.

Sensei Mullero demonstrates for the students how "kumi" technique works.

8-8 week Kaizen Dojo Summer Camp for children starts on July 2. Orientation for parents will take place on June 27. For more information, go to the website. www.kaizenkaratedo.com

Kaizen Karate Dojo
1786 3rd Ave. (at 99th St.), New York, NY 10029
TEL. 212-828-5678
www.kaizenkaratedo.com
sensei@kaizenkaratedo.com

CROSS-CULTURAL EXPERIENCE VIA DIGITAL MEDIA CREATION

KEIO ACADEMY OF NEW YORK

Young hearts and minds absorb everything they see and experience just like sponges—that's why it's important that they have exciting, challenging ways to learn new things and meet new people. This summer from July 25 to August 8, **Keio Academy of New York** provides the perfect opportunity for eager young students from Japan and the United States to learn the techniques of video production as a method of self expression.

During the English-Japanese Bilingual Summer Program 2009, 80 participants (approximately 40 native English speakers and 40 native Japanese speakers) will stay together in a dormitory and have cross-cultural experiences while learning hands-on techniques in digital media creation. This

video production workshop will be taught by professional filmmakers in the industry and there will also be lectures from top creators. This year's speakers will include Yuji Nunokawa, producer of the *Naruto* and *Bleach* series, Michael Arias, producer of *The Animatrix* and director of *Tekkon Kinkreet*, Roland Kelts, author of Japanamerica: How Japanese Pop Culture Has Invaded the U.S., and Shoji Kawamori, animation director and mechanical designer responsible for *Ultra Space-Time Fortress, Macross* and the *Transformers* series.

This unique bilingual program is in its second year. A participant from last year gave the program rave reviews saying, "It's a totally unforgettable two weeks of my life, and I have really learned a lot about filmmaking. I had more fun than I expected before I joined the program, and I made a lot of Japanese and American friends." The intense two weeks will be absolutely rewarding for the participants and provide a memory that will never fade.

Applicants must be 13–15 years old (12-year olds may be considered on a case-by-case basis). Program Fee: $2,500.

Participants communicate in both Japanese and English and develop cross-cultural understanding.

Keio Academy of New York
3 College Rd., Purchase, NY 10577
www.keio.edu

Summer Program Administrative Office
TEL 914-701-3454
www.keio.edu/summerprogram
Email keiosummer@keio.edu

Japanese Cultural School in New Jersey!
Coming Soon!
Manga & Anime Class
Popular!
墨絵
Sumie (ink painting)
日本語 Japanese Language
茶道 Tea Ceremony
華道 Flower Arrangement
着付け Kimono Dressing
★ Renting space for class or events available
Japanese-American Society of New Jersey (JAS of NJ) ニュージャージー日米協会
304 Main St., 2nd Fl., Fort Lee, NJ 07024 / 201-461-5133 / www.jasofnj.com

剣禅同場
"The sword is the mind"
KEN-ZEN INSTITUTE The Art of Japanese Swordsmanship Kendo & Iai do
54 Thomas St. (bet. Church & W. B'way) 212.406.9104 / www.kenzendojo.org

Absolute Piano

- *10 private lessons (45mn)*
- *Lessons available in Japanese*
- *10% off for Chopsticks NY readers*

Have you ever dreamt about playing the piano? Do you want to introduce piano to your children? This is a great opportunity for starting piano lessons. From June 29th to Sep 4th, beginners 10-week private piano lessons will be held for only $250. Adults are welcome. Space is limited. Please contact via e-mail.

1646 Park Ave (bet. 116th & 117th Sts.)
New York, NY 10035
TEL. 212-987-6173 / absolutepiano@aol.com

Dessert Cafe LUXEE

- *Take home the desserts you make*
- *$20 off the first lesson (orig. $65)*

Dessert Cafe LUXEE creates intricate French desserts with a Japanese flair. Seasonal dessert cooking classes are offered by their Japanese pastry chef and you will learn techniques you can use at home. Recipes for the lessons are from their menu specifically arranged to recreate the exceptional flavors. You will also have a chance to sample their desserts after class.

6 Clinton St. (bet. E. Houston & Stanton Sts.)
New York, NY 10002
TEL. 212-375-1796 / www.luxeenyc.com

Japanese-American Society of New Jersey (JAS of NJ)

- *Language Exchange Workshop and Cross Cultural Events*
- *Free Library with 20,000 Japanese Books and 3,000 DVDs*
- *Win a Free Round Trip to Japan*

Their language program is taught by highly trained instructors who qualified through their special certification program. Group and individual lessons are available on and off the premises as well as via Skype.

304 [illegible]
Fort Lee, NJ 07024
TEL. 201-461-3133 / www.jasofnj.com

Japanese Study Hall NY

- *School trip to Japanese restaurants and shops for practice*
- *Japanese/English language exchange events*
- *1 hour free trial*

A professional language instructor who has taught students of all ages for 20 years now offers private lessons at affordable prices. Lessons also include the history, culture and geography of Japan as well as Japanese dining and general etiquette.

510 E. 80th St. (bet. 1st & York Ave.)
New York, NY 10075
TEL. 917-607-2817 / jshnyc@gmail.com

Ken Zen Institute

- *Learn to sharpen your inner mind and overcome your own weakness*
- *Develop the ability to make immediate decisions*
- *Visualize and achieve your goals*

Ken Zen Dojo is a NPO that teaches traditional Japanese swordsmanship. Their classes are open for observation without appt. Kendo classes are on Tue, Thu, Sat from 7pm and Sun from 12:30pm. Iai do classes are at 6pm on Wed and 4pm on Sat.

54 Thomas St. (bet. W. Broadway & Church St.)
New York, NY 10013
TEL. 212-406-9104 / www.kenzendojo.org

Kimisen Katada

- *Beginners are welcome*
- *Opportunity to perform at recitals*
- *Classes in Manhattan, L.I. and NJ*

Take Japanese Kabuki dance & music lessons. Kimisen Katada & Co. is a traditional Japanese music orchestra that teaches shamisen, voice, drums, hand drums and dance in Lower Manhattan, Roslyn (L.I.), Bergen County NJ and Ocean County NJ. Beginners are welcome.

276 Boulevard, Glen Rock, NJ 07452
TEL. 201-444-0511
http://shamisennyc.blogspot.com

Language House *(Japanese Program)*

- *Free 30 min. consulting session for new students with appointment*
- *Summer Semester B (6/16-8/22)*
- *Summer Program for High School Students (7/13-7/31)*

Language House provides specialized instruction to Japanese language learners with 12 level courses in 3 semesters, private lessons and corporate programs. All instructors are certified native speakers with a Master's in Language Education.

545 5th Ave., #910 (at 45th St.)
New York, NY 10017
TEL. 212-949-5455 / www.languagehouse-nyc.com

Mud, Sweat and Tears

- *10% discount for the July or October terms of classes*
- *Extra 4-day access to the studio including weekends*

Mud, Sweat and Tears is a renowned pottery studio in Hell's Kitchen. Wheel and hand building classes are offered in 10 week terms. Students of all levels are welcome to work in our friendly clean and productive atmosphere. Studio access is also available to potters not taking classes.

654 10th Ave. (at 46th St.)
New York, NY 10036
TEL. 212-974-9121 / www.mudsweatandtears.com

NYC Nihongo de Asobou! (NYCNDA)

- *No advanced registration required*
- *Discount trial, reduced rate multi day passes and walk in rates*
- *No previous exposure to Japanese required*

NYCNDA provides immersion into the Japanese language and culture for children ages 0-6 years in a fun environment. Their activities include play music songs, crafts, games and story time. Visit their website for full details and additional programs!

156 2nd Ave #1A (at 10th St.)
New York, NY 10003
TEL. 646 334-7426 / www.nycnda.com

Sachiyo Ito and Company Dance School

- *Flexible hours 7 days a week*
- *Opportunity to perform with Sachiyo Ito and Company*
- *July Workshop Okinawan Dance*

Sachiyo Ito and Company offers Japanese classical dance such as Kabuki and Okinawan dance. You will learn how to dress in a kimono, basic movements, use of dance fans and dance repertoire. Children will learn better posture and manners as well as Japanese culture.

405 W 23rd St., #4G (at 9th Ave.)
New York, NY 10011
TEL. 212-627-0265 / www.dancejapan.com

Shin Budo Kai Aikido

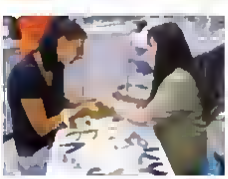
- *Learn how to defend yourself without muscular strength*
- *Safely train your body and mind*
- *FREE intro class. Classes everyday. Special $90/m unlimited classes*

Aikido is a traditional Japanese martial art, and their Sensei is a disciple of the Aikido founder. Training is mostly bare-hand techniques but also includes wooden sword and stick forms. Students of all levels backgrounds, ages and genders are welcome.

77 8th Ave. Lower Level (at 14th St.)
New York, NY 10014
TEL. 212 691-1378 / www.shinbudokai.org

TOHO SHOJI (NEW YORK) INC.

- *$10 gift certificate for a class or purchase when you sign up for a class before June 30th*
- *Classes are offered 7 days a week*



Toho Shoji, the largest jewelry supply retailer, wholesaler and authorized Swarovski crystal dealer, offers jewelry making classes for amateurs to professionals. Various types of classes in private or groups, are available for your needs. Advance deposit required upon reservation.

990 6th Ave. (bet. 36th & 37th Sts.)
New York, NY 10018
TEL. 212-868-7465 / www.tohoshop-ny.com

N.Y. Togei Kyoshitsu

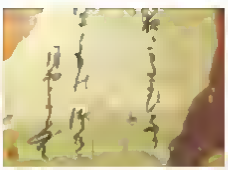
- *Trial class (2.5 hr for $35) with an appointment*
- *Open studio members receive unlimited use of studio*

Established in 1994, NY Togei Kyoshitsu specializes in Japanese ceramics offering classes for beginner to advanced students. They teach traditional aesthetics and functionality of togei in a friendly and relaxing atmosphere. Unlimited studio use is available for open studio members.

5 W 30th St. 3rd Fl. (bet. Broadway & 5th Ave.)
New York, NY 10001
TEL. 212 268 1711 / www.nytogei.com

Seiko Shodo

- *Learn Chinese characters as well as Kana and ink painting*
- *Small class size for personalized attention*
- *Kyu and dan promotion system*



Shodo lessons by an instructor with 30 years of shodo practice and an 8th dan, the highest shodo degree. Lessons can be arranged on Tue, Thu, Sat and Sun. Monthly bokuga (ink painting) meetings are also held. Email for more details.

315 W 61st St. (at West End Ave.)
New York, NY 10023
TEL. 212 247 2589 / seiko102009@gmail.com

Shinjinbukan New York Shibu Dōjō

- *Shorin Ryu Okinawan Karate*
- *Free trial lesson and 10% discount with this ad*
- *Affordable classes w/scholarship awards based on financial needs*

The Shinjinbukan School was founded by Onaga Yoshimitsu Kanchō in Okinawa, and his teachings are based on Ti, the ancient Okinawan martial art. The NY branch is a private dojo offering classes to a selected group of students of all ages.

250 W 57th St., #528 (bet. Broadway & 8th Ave.)
New York, NY 10019
TEL. 917-400-9183 / www.shinjinbukan.com

Tomoko Isshiki Piano Studio

- *Lessons from $45/40min. (in Japanese and English)*
- *One Free Trial Lesson*
- *$5 Discount for Siblings*

Learn how to play the piano from an award winning pianist with a Doctor of Musical Arts degree. She has taught for over 15 years, and her students have performed at Carnegie Hall and DaCapo Opera Hall. Lessons are taught in a fun and exciting way to keep students motivated.

401 Park Place, #1C
Fort Lee, NJ 07024
TEL. 201 341-0834 / tomokopiano@hotmail.com

School Guide

The follow ng is a list of schools where you can learn Japanese culture.

Conpon ava lable at **www.chopsticksny.com**

LANGUAGE

Upper East — Japanese Study Hall NY

A p ofess onal language instructor who has taught students of all ages for 20 years offers private lessons n NYC and Hem son NY at affordable pr ces Lessons include the h story culture and geography of Japan as well as Japanese dat ng and general etiquette

510 E 80th St (bet 1st & York Ave) TEL 917-607 2817 jshnyc@gmail com — Japanese

Upper East — Musical Kids International

1286 Lexington Ave (at 88th St.) 212-996-5896 — Japanese

Midtown West — Hills Learning

Offering one to one Japanese lessons anywhere n the New York C ty Metropol tan Area. They have a variety of teachers, prices and lesson packages to mmit each student s nd v dual needs Visit their website for s gnup nformation and e $10 first lesson

331 W 57th St (bet. 8th & 9th St) 646-340-4977 www.hillslearn ng com — Japanese

Midtown East — Amity Language Institute

124 E 40th St. #203 (bet. Park & Lex. Ave.) 212-697-6374 — Japanese

Midtown East — ibec language institute, inc.

369 Lexington Ave #300(bet.40&41st St.) 212-867-2000 — Japanese

Midtown East — Japan Society

333 E 47th St (bet. 1st & 2nd Ave.) 212-832 1155 — Japanese

Midtown East — Language House

545 Fifth Ave # 910 (at 45th St) 212-949-5455 — Japanese

Midtown East — PC TECH

PC TECH

Learn to speak Japanese in Manhattan Our school offers you a h gh qual ty cum culum approved by the NYS education department Our goal s to surve those who w sh to learn and gradually mprove their Japanese language n the best env ronment poss ble

317 MadSon Ave #900 (Next to Grand Central) 212-986-4754 www.pcntnyc.com/japanese-class htm — Japanese

Midtown East — Rennert New York

215 E 45th St. 17th FL(bet.2nd&3rd Ave) 212-867-8700 — Japanese

Chelsea — ABC Language Exchange

135 W 29th St # 1204 (bet 6th & 7th Ave) 212-563-7580 — Japanese

Chelsea — NY JAPANESE LANGUAGE

1E W16th ST 6FL (bet. 5th & 6th Ave) 646-345-9777 — Japanese

Chelsea — Tenri

43A W 13th St (bet. 5th & 6th Ave.) 212-645-2800 — Japanese

East Village — NYCNOA

15E 2nd Avenue, #1A (at 10th St.) 646-334-7426 — Japanese

Lower Mhn — Tribeca Languege

22 Hamilton St (Hudson & Greenwich Sts) 212 219-9693 — Japanese

Upstate — Get Nihongo Japanese Language Services

Let them help your company set up a professional Japanese language program for your employees whose native language is not Japanese The y experienced instructors will visit your company to lessons Exclusively designed curriculls Free consultation

P O BOX 33 White Plains NY 10605 914-255-5276 www.japaneseforyou com — Japanese

Upstate — Japan America Center

81 Montgomery Ave 2nd Fl Scarsdale NY 914-723 9600 — Japanese

Upstate — Japanese Study Hall

64 Calvert St Harrison NY 10528 917-607 2817 — Japanese

New Jersey — JAS of NJ

304 Main St. 2nd Fl Fort Lee, NJ 201 461-5133 — Japanese

TRADITIONAL

Upper West — Ikenoho Ikebone School

30 W 60th St 6K (Columbus & Broadway) 212 757-6745 — Ikebana

Upper West — Saika Shodo

Private st odo lessons by an instructor with 30 years of shodo practice and an 8th dan the highest shodo degree Lessons can be arranged on Tue Thu, Sat and Sun Monthly Sukagaku (ink pa nt ng) meetings are also held Email s kou5102004@gmail com for more detail

315 W Fifst St @ West End Ave 212-247-2508 www.se ko vpweb.com — Calligraphy

Upper West — Sogetsu Ikebone School

201 W 70th St (at Amsterdam Ave) 212-873-6115 — Ikebana

Upper East — Urasenke Chanoyu Ctr

153 E 56th St (bet. 3rd & Lexington Ave) 212 308-6161 — Sado

Midtown West — Ellie's NY Floral Design

15 W 44th St 11th Fl (bet 5th & 6th St) 212-661-3535 — Ikebana

Midtown West — N Y. Togei Kyoshitsu

N Y Togei Kyoshitsu has been offering Japanese ceramic classes for beg nner to advanced students s nce 1994 We teach tradit onal artistr es aesthetics and funct nnality of toge 2 5 hour trial class is $35. Unl m ted stud o use for open stud o members

5 W 30th St 3rd Fl (bet Broadway & 6th Ave) 212-268-1711 www.nytogei.com — Pottery

Midtown West — NIHONWASOU USA

1410 Broadway #2611 (bet 38th & 39th St) 212-869-0500 — Kimono

Midtown West — The Nippan Club

145 W 57th St (bet 6th & 7th Ave) 212-581 2223 — Sado

West Village — Koho School of Sumi-E

64 MacDougal St (at W Houston St) 212-673-5190 — Calligraphy

The Essence of Kimono vol. 2

Yukata: Casual Kimono for Summer

Yukata is a type of Kimono that's typically worn in the summer time The word, "yukata", means "bathing clothes", and the garment was traditionally worn indoors after bathing. However as time passed yukatas developed into a much more casual version of kimono that can also be worn outside Today, there are more varieties, and the right pattern and accessories allow the yukata to be worn for summertime festivals as well as more formal occasions The key is to assess what's appropriate for the occasion from the variety of patterns fabric weaving styles and colors to choose from Often times accessories like hairpieces and handbags can also help define the appropriate look To wear yukata requires some other materials, a hadagiuban (undergarment for kimono), obi (the band that goes across the yukata), two strings called himo, datejime (band to go over the juban), and geta (sandals) All the different parts are not only necessary for wearing the yukata correctly and nicely, it also serves as an important fashion statement The careful coordination of these various parts transforms into an art of its own where the personality, creativity and sensibility of the wearer comes through A yukata is only a small part of the world of kimono, but a great gateway into the heart of Japanese aesthetics.

Choice of summery hair accessories can accentuate your yukata look.

In preparation for the yukata season Kiteya Soho will be hosting yukata kitsuke (how to put on) lessons starting from June 1st until the end of August. The private lesson is $30 (special discount for Chopsticks NY readers) consist ng of an hour and a half long session that will give you all the yukata basics Rental yukatas are available (size M) Couples are welcome but no more than two per class All lessons are reservation only

KITEYA

464 Broome St NYC
212 219-7505
http //www kiteyany com
http //kiteya typepad com

Spring st
Broome St
Mercer st
Crosby st
Lafayette st
Bowery

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Japan **Ikebana International**

nfo@ikebanany.org 212-724-7097 — Ikebana

Japan **Dhara School**

DharaNYC@aol.com 201-385-0353 — Ikebana

MARTIAL ARTS

Upper West **Kokushi Budo Institute**

332 Riverside Dr. (bet. 105th & 106th St.) 212-864-6777 — Karate

Upper West **Shorinryu Matsubayashi**

131 W 72 St 2Fl (bet. Amsterdam & Columbus) 212-875-8826 — Karate

Upper West **Shotokan Karate-Do NY**

2121 Broadway 4th Fl. (at 74th St.) 212 799-5500 — Karate

Upper West **UWS Kenshikai Karate**

328 Columbus Ave. (bet. 105th & 106th St.) 917 291-0467 — Karate

Upper East **Kanzen Karate Dojo**

1776 3rd Ave. (at 099th St.) 212 828-5678 — Karate

Upper East **Ultimate Karate USA**

1950 3rd Ave. 3rd Fl. (at 107th St.) 212 426-4666 — Karate

Upper East **WTKD Honbu Dojo**

206 E 83rd St. (bet. 2nd & 3rd Ave.) 212 207 1907 — Karate

Midtown West **Aikido of Manhattan**

60 W. 39th St. 3rd Fl. (at 5th & 6th Ave.) 212 575-0151 — Aikido

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264 E 5th Ave. (at 30th St.) 212-947-3334 www.kyokushinkarate.com — Karate

Midtown West **New York SATO DOJO**

257 W. 39th St. 14th (bet. 7th & 8th Ave.) 646-235-0293 — Karate

Midtown West **Shinjinbukan Shorin Ryu**

Traditional Okinawan Karate — The Shinjinbukan School was founded by Dnaiye Yoshimitsu Kaichiro Okinawa, Japan. The New York Branch is a private Dojo offering classes to a selected group of students of all ages. For an appointment, contact Sensei Jimmy Mota.

250 W. 57th St. #52A (bet. Broadway & 8th Ave.) 917-400-9113 www.shinjinbukan.com — Karate

Midtown East **Kenshikaikan Karate**

YMCA 224 E. 47 St. (bet. 2nd & 3rd Ave.) 212 756-9600 — Karate

Midtown East **N.Y. Shorin Ryu Karate**

37 W. 26th St. #8 (bet. Broadway & 6th Ave.) 212-490-9600 — Karate

Chelsea **Bond Street Dojo**

214 W. 23th St. 3rd Fl. (bet. 7th & 8th Ave.) 212-477-0950 — Aikido

Chelsea **Eizanryu Jujitsu Biwako**

214 W. 29th St. 3rd Fl. (bet. 7th & 8th Ave.) 212 260-0327 — Jiu Jitsu

Chelsea **Modern Japanese Karate**

151 W. 26th St. 5th Fl. (bet. 6th & 7th Ave.) 212-537-6441 — Karate

Chelsea **New York Aikikai**

142 W. 18th St. 2nd Fl. (bet. 6th & 7th Ave.) 212-242-6246 — Aikido

Chelsea **Shorinji Kempo NYC**

151 W 25 St. 6Fl. (bet. 6th & 7th Ave.) 917 721-8723 — Karate

Chelsea **Tiger Schulmann's**

39 W. 19th St. (bet. 6th Ave. & Broadway) 212 727-0773 — Mix

Chelsea **U S Budo Kai-Kan**

110 W. 14th St. 2Fl. (bet. 6th & 7th Ave.) 212-807 7331 — Karate

Chelsea **World Oyama Karate**

35 W. 31st St. 6Fl. (bet. 5th Ave. & Broadway) 212-679-7709 — Karate

Chelsea **World Seido Karate**

61 W. 23rd St. 2nd Fl. (bet. 5th & 6th Ave.) 212-924-0511 — Karate

West Village **New York Jiu Jitsu**

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77 9th Ave. Lower Level (at 14th St.) 212-691-1378 www.shinbudokai.org — Aikido

East Village **Karate Honma Dojo**

64 E 4th St. (bet 2nd Ave & Bowery) 646-436-0057 — Karate

East Village **World Kanreikai Karate**

4 W 10th St. 3rd Fl. (at 10th St.) 212-677 7226 — Karate

Lower Mhn **Kan Zen Institute**

54 Thomas St. (bet. Church & W'broadway) 212-406-9104 — Kendo

Brooklyn **Aikido of Park Slope**

556 5th Ave. (at 15th St.) 718-788-5932 — Aikido

Brooklyn **Japan Karate Assoc**

565 Fifth Avenue (at 16th Street) 718-768-3345 — Karate

Queens **School of Taijutsu**

475 Onderdonk Ave. Ridgewood NY 11385 917-449-7035 — Mix

New Jersey **Ridgewood Karate**

30 Cottage Pl. Ridgewood, NJ 07450 201-447-2772 — Karate

OTHER

Upper East **Absolute Piano**

1745 Park Ave. (bet. 119th & 117th St.) 212-348-7485 — Piano

Upper East **Saori Weaving Arts**

227 E. 67th St. (bet. 2nd & 3rd Aves.) 212-772-2560 — Other

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554 10th Ave. (at 45th St.) 212-974-9121 www.mudsweattears.com — Pottery

Midtown West **The Nippon Club**

145 W. 57th St. (bet. 6th & 7th Ave.) 212-581-2223 — Dance

Midtown West **The School for Strings**

411 W. 54th St. (bet. 9th & 10th Ave.) 212-315-0915 — Music

Midtown West **Toho Shoji N Y**

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56 W 14th St. 3Fl. (bet. 5th & 6th Ave.) 917-304-2722 — Japanese Drum

Chelsea **Sachiyo Ito & Dance Co**

405 W 23rd St #4G (at 9th Ave.) 212-627-0265 — Dance

Lower Mhn **Dessert Cafe LUXEE**

8 Clinton St. (bet. Houston & Stanton St.) 212-375-1738 — Cooking

Queens **Nosho-kai Ryukyu Buyo**

242 17A Oak Park Dr. Queens, NY 11362 718-631 2637 — Dance

Queens **The Arts Cure Center**

33-24 Northern Blvd. (bet. 33rd & 34th St.) 718-729-3568 — Dance

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SPICY AGEDASHI-DOFU BY *SHIGENOBU KASHIWABUCHI (CHIYODA SUSHI)*

RESTAURANT REVIEW

HEA BAR AND RESTAURANT / INAKAYA / SAKE BAR HAGI / AVENUE A ASIAN WORLD

ASIAN RESTAURANT REVIEW

TAI THAI

CONVERSATION WITH SAKE SOMMELIER

JUSTIN PARK AND ADAN ESQUIVIAS: SAKE PAIRING WITH MULTIPLE PALATE

LISTINGS

JAPANESE RESTAURANT / ASIAN RESTAURANT / GROCERY & SAKE

Japanese Chef's Home-Style Cooking — Vol. 17

SPICY AGEDASHI-DOFU

(FRIED TOFU WITH SPICY SAUCE)

RECIPE COURTESY OF
SHIGENOBU KASHIWABUCHI

In this corner, Japanese chefs from restaurants in the Tri-State area share their secret recipes of home-style Japanese dishes with you.

* * *

The cooking technique known as "agedashi"—dredging ingredients in "katakuri-ko," a Japanese starch, and then deep-frying them—is popular in Japan. The thin layer of deep-fried katakuri-ko creates a crunchy texture, and sauce adds a smoothness. This month, Shigenobu Kashiwabuchi, executive chef of Chiyoda Sushi, introduces an agedashi dish involving summery eggplant and healthful tofu. He adds a touch of spiciness to the sauce to make the dish even more appetizing. "This sauce can be made easily just by mixing tentsuyu [tempura dipping sauce] and chili sauce. Also, it's versatile. You can use it with other deep fried dishes. I recommend mixing crab meat into the sauce and pouring it onto fried rice. It's absolutely tasty," advises Chef Kashiwabuchi.

Chiyoda Sushi
18 E. 41st St. (bet. Madison & 5th Aves.), New York, NY 10017
TEL. 212-460-8800

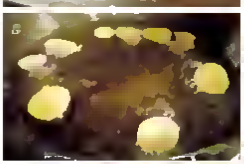
INGREDIENTS (Serves 2 people)

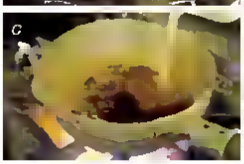
1/2 package silken tofu
1 eggplant
Katakuri-ko for both dredging and thickening*
7 oz tentsuyu (tempura dipping sauce)**
1 tablespoon chili sauce
Oil for deep frying
Asatsuki (Japanese chives) and chili threads to garnish

*Corn or potato starch can be used in place of katakuri-ko.
**Tentsuyu is a thin dipping sauce for tempura. You can make it yourself by mixing soy sauce and dashi broth, but it's easier to buy bottled tentsuyu from Japanese grocery stores. If you use store-bought tentsuyu, you should dilute it. For the dilution ratio, follow the directions on the back of the bottle.

STEPS

1. Cut eggplant into small pieces and tofu into 6 pieces
2. Dredge eggplant and tofu pieces in katakuri-ko [photo A]
3. Deep-fry them at high heat. [photo B]
4. Make sauce. Mix tentsuyu and chili sauce in another pan and slowly heat.
5. Dissolve katakuri-ko with water and add it to spicy sauce for thickening. [photo C]
6. Arrange deep-fried eggplants and tofu on plate and pour spicy sauce on top.
7. Sprinkle asatsuki (Japanese chives) and chili threads to garnish.

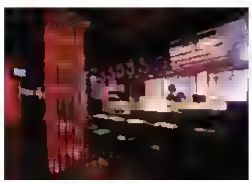




JAPANESE, SUSHI, THAI FOOD

Avenue A Asian World

103-105 Avenue A, New York NY 10009
TEL. 212 982-8105 / 212-533 2526
Mon-Thnr 12pm-2am Fri & Sat: 12pm-3am, Sun 12pm-1am



The restaurant **Avenue A Asian World** is truly unique with food being served amongst a dj booth and the work of local artists adorning the walls. According to co-owners Mana Premmana and Sunisa Rungruang, the previous location was an art gallery but they moved in 15 years ago to offer Japanese and Thai food, each made by natives of the respective countries. Rungruang feels that by offering the cuisines of two countries, they are catering to their customers' various needs. She says, "When you come here you have two choices. If you are in the mood for Japanese food but Thai dessert (or vice versa), we can do that." Premmana highlights the Oyster Boister and Dynamite appetizers as two of their most popular dishes, and they share a "dynamite sauce." Its contents are a secret, but the creamy content of both dishes gives you a hint as to its ingredients. Besides the kitchen there is a sushi bar as well as a full bar, serving up drinks such as their famous lychee martini. For those who prefer a quieter meal away from the weekend music and funky decorations, next door there is an additional dining room with a more subdued atmosphere so there really is something for everyone.

ASSORTED SUSHI AND ROLLS

Here are some of Avenue A Asian World's delicious offerings. In the back right you can find the distinctive Crouching Tiger Roll which features softshell crab. Further to the left are fresh tuna and salmon sushi, and in the front is Dragon Roll which includes favorites eel and avocado as well as roe on top.

3 Best Sellers

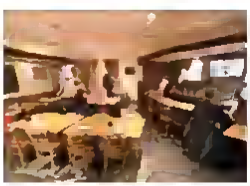
- Oyster Boister $7.50
- Dynamite $8.50
- Crouching Tiger Roll $12

JAPANESE, IZAKAYA

Sake Bar Hagi

152 W. 49th St. (bet. 6th & 7th Aves.) New York, NY 10019
TEL. 212 764-8549
Mon-Sun 5pm-3am

Need a place to take a load off, but are getting tired of the usual pub crowd? Missing the feeling of your local izakaya (Japanese pub which offers Japanese-style tapas) where everybody knows your name, and they're always glad you came? Then look no further! **Sake Bar Hagi** is a traditional izakaya. You feel at home from the minute you walk in and are greeted by one of the friendly staff. Manager Hajime Ono explains that, "while many izakaya in New York City have become more upscale these days, people come to our restaurant because of the contrast between the high-end location in midtown and the low end prices of the East Village." This laid-back restaurant caters to a mixed crowd of Japanese natives, NY locals, people wearing business suits and casual clothes alike. The regular menu offers high quality, traditional izakaya fare such as yakiton (chicken on a stick) or okonomiyaki (Japanese-style egg pancake). Unique dishes such as shrimp tempura on a stick with spicy mayonnaise or spring rolls with cheese topping can be found on a chalkboard on the wall which lists daily specials in both English and Japanese. Drink, relax and have a great time at Sake Bar Hagi.



ASSORTED IZAKAYA STYLE DISHES

Clockwise from top left: daikon with crunchy baby fish $7, yaki udon $9.50, yakiton (grilled chicken chicken meatballs, asparagus wrapped in bacon, duck) $2 and up per skewer. Have a go at pairing your food with one of 10 types of shochu or 30 types of sake. Or just have "the usual" on tap.

3 Best Sellers

- Yakisoba/Yaki-Udon $9
- Okonomiyaki $8-9
- Broiled Yellowtail Cheek $7

JAPANESE

NEW Hea Restaurant

145 E. 13th St. (bet.3rd & 4th Aves.), New York, NY 10003
TEL. 212 982-1686
Lunch: Sat & Sun 12pm-4pm. Dinner: Tue-Sat 4pm-11.30pm, Sun 4pm-11pm

The term "Hea" in Cantonese means "to chill out". It's a suitable name for this relaxed, café style restaurant in the East Village that had its reopening in April welcoming a new Japanese chef, Mr. Ichigaku Gonai, who was trained in the Western discipline in Japan, and has lots of fun and unique flavor combinations up his sleeve. Mr Gonai explains, "my philosophy is to make what I want to eat." For him, this means minimum grease and simplistic, but interesting flavors that incorporate Asian spices in Western dishes, such as Stripe Bass "Kimchi" and Rib Eye Steak that comes with sansho, and shishito tempura. Despite the casual atmosphere, the food is up-scale, yet affordable so that repeaters can dine as often as they wish without breaking the bank. The restaurant's full bar features original cocktails that match the Western/Asian theme like Lemon Gin Mojito, and Coconut Lychee, which are offered for half price during Happy Hour from 4pm-7pm, making it a great hotspot for late night drinks, too. If you love to eat well, but are hesitant of spending too much on food, this spot is the perfect alternative.

SALAD LUXE

This assorted seafood dish including scallops, uni, salmon, ikura, shrimp, squid and others with yuzu-tosazu jelly is one of the signature dishes at Hea Restaurant, and has a strong impact for a small dish.

3 Best Sellers

- Salad Luxe $16
- Duck Steak $23
- Stripe Bass "Kimchi" $21

JAPANESE, ROBATA, SUSHI

Inakaya

231 W. 40th St. (bet. 7th & 8th Aves.), New York, NY 10018
TEL. 212 354-2195
Mon-Fri: 11.30am-2:30pm / 5pm-11pm, Sat & Sun: 5pm-11pm

"Robata" itself is a term that means "near a fire." Robata yaki is a Japanese BBQ style where people gathered around to grill, on charcoal, whatever vegetables or seafood that was available in their local area. Today, robata yaki can be found in some restaurants in New York, too, but **Inakaya**, the new restaurant that opened a couple months ago in midtown, is an absolute pioneer. They have been doing it for more than 40 years in Japan. Everything from wagyu to vegetables to seafood, is made robata style by chefs kneeling right in front of you behind a barrier of high grade, fresh, raw ingredients adorning the mountain of ice, waiting to be chosen. The key is to sit at the counter if you want to get the best out of the show as going to Inakaya is like also going to a performance, an interactive one. Every order, including your beer, is served to you with a long paddle by the chef in front of you, and everything you do is followed by a robust outburst of acknowledgement. They even let their customers pound their own mochi (sticky rice cake) once a day at a random time, but then again, you can always go just for the taste of really fresh food.

5-PLATE ROBATA TASTING MENU

For $58, this tasting menu comes in handy for those who don't know where to start. The small portions of various ingredients including salmon, king crab legs, enoki mushrooms, okra, tsukune, and asparagus allows you to try various robata dishes.

3 Best Sellers

- Tsukune $11
- Wagyu Duo Combination $35
- Sansai Seiro $15

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

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212-362-6200

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Time Warner Ctr 10 Columbus Cr 4th Fl
212-823-9800

Cafe SWISH $20
2963-65 Broadway (bet 115th & 116th St)
212-222-8569

Gari $80
370 Columbus Ave (bet 77th & 78th St)
212-362-4816

Haku $25
2425 Broadway (bet 89th & 90th St)
212-580-2566

Haru $35
433 Amsterdam Ave (bet 80th &81st St)
212-579-5665

Ichie Restaurant $20
53 W 108th St (bet Manhattan & Columbus)
212-865-4828

Kitaro $25
510 Amsterdam Ave (bet 84th & 85th St)
212 787 9000

Kouzan $25
685 Amsterdam Ave (93rd St)
212 280-8098

Kumo Sushi $30
165 W 72nd St (Amsterdam & Columbus Ave)
212-580-6228

Mama Sushi $25
237 Dyckman St (Broadway & Riverside Dr)
212-544-0003

Mana Organic Cafe $20
945 Amsterdam Ave (bet 91st & 92nd St)
212 787 1110

Masa $400
Time Warner Ctr 10 Columbus Cr 4th Fl
212-823-9800

Matsu $25
453 Columbus Ave (bet 83rd & 84th St)
212-799-7822

Momoya Amsterdam $25
427 Amsterdam Ave (bet 80th & 81st St)
212-580-0007

Nan Sushi $25
2299 Broadway (bet 82nd St & 83rd St)
212-799-1003

Next Door $25
813 W 187th St (Pinehurst & Fort Washington)
212-543-2111

Ozu $25
588 Amsterdam Ave (bet 87th & 88th St)
212-787-8316

Planet Sushi $25
380 Amsterdam Ave (Corner of 79th)
212-712-2162

Saga Grill $25
1255 Amsterdam Ave (bet 122nd & 123rd St)
212-666-2966

Sarr's $20
256 W 109th St (bet Bway & Amsterdam)
212 749-1834

Suma Sushi $25
984 Amsterdam Ave (bet 107th & 108th St)
212-280-5858

Sun-Ckan $25
2707 Broadway (bet 103rd & 104th St)
212 749-5009

Suski A-Ga-Go $20
1900 Broadway (bet 63rd & 64th St)
212 724-7340

Sushi Hana $35
468 Amsterdam Ave (bet 82nd & 83rd St)
212-874-1078

Sushi Yu 2 $25
627 W 181st St (bet Pinehurst & Cabrini)
212-781-8833

Tomoya $35
4030 Broadway (at St Nicholas Ave)
212-568-0006

Tenzan $32
285 Columbus Ave (bet 73rd St & 74th St)
212-580-7300

Yuhi Sushi $20
558 Amsterdam Ave (at 82nd St)
212-787-8200

Upper East

Aki Sushi $30
1425 York Ave (bet 75th & 76th St)
212-628-8885

Akita $25
1771 1st Ave (bet 91st & 92nd Ave)
212-828-8668

Ounguri $54
908 E 83rd St (bet 1st & 2nd Ave)
212 737-5656

East Japanese $22
354 E 66th St (bet 1st & 2nd Ave)
212-734-5270

Fuji Yama $30
1498 1st Ave (bet 76th & 77th St)
212-249-2722

Geisha $61
33 E 61st St (bet Park & Madison Ave)
212-813-1112

Ginza Japanese Restaurant $20
800 Lexington Ave (at 52nd St)
212-888-7881

Hara $30
1327 3rd Ave (at 76th St)
212-452-1028

Haru Sake Bar $38
1329 3rd Ave (at 76th St)
212-452-2230

Hokkado $25
1817 2nd Ave (at 94th St)
212-289-1902

Ichiro $30
1554 2nd Ave (bet. 77th & 78th St)
212-988-6300

Ikenohana $25
1018 Lexington Ave (bet 72nd & 73rd St)
212-737-6639

Iron Sushi $28
355 E 78th St (bet 1st & 2nd Ave)
212-772-7680

Isohuna $35
1899 2nd Ave. (bet 93rd & 94th St)
212-828-8099

Iwasaki Sushi $25
1103 1st Ave (bet. 60th & 61st St.)
212-888-8828

KAI $100
522 Madison Ave. (bet 53th & 53th St.)
212-888 7277

Kan Sushi $25
1260 1st Ave (bet 68th & 69th St)
212-861-2764

Ko Sushi (2nd Ave) $31
1329 2nd Ave (at 70th St.)
212-439 1678

Ko Sushi (York Ave.) $31
1619 York Ave (bet 85th & 86th St)
212-772-8838

Kata Sushi $30
310 E 39rd St (bet. 1st & 2nd Ave)
212-426-1218

Kyoto Sushi $30
1240 Lexington Ave (bet 83rd & 84th St.)
212-288-5024

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212-744-5454

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212 289-7803

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1575 3rd Ave (bet 88th & 89th St)
212-828-8388

Poke $30
343 E 86 th St (bet 1st & 2nd Ave.)
212-249-0569

Sachi $30
1350 Mad on Ave (bet 94th & 95th St)
212-534-5800

Sake Hana $18
265 E 78th St (bet. 2nd & 3 d Ave)
212-327-0582

Sasabuna $85
401 E 73rd St (bet 1st & York Ave)
212-249-6683

Sato $30
1395 2nd Ave (At 73rd St)
212-737-1838

Shabu-Shabu 70 $37
314 E 70th St (bet 1st & 2nd Ave)
212-861 5935

Sushi Generation $25
1571 2nd Ave (bet 81st & 82nd St)
212-249-2222

Sushi Hana $30
1501 E 2nd Ave (at 79th St)
212-327 0582

Sushi of Gari $80
402 E 78th St (bet. 1st & York Ave)
212-517-5340

Sushi Seki $57
1143 First Ave (bet 62nd & 63rd St)
212-371 0238

Sushi Suki $20
1577 York Ave (bet 83rd & 84th St)
212-249-3768

Tatani 72 $30
1400 2nd Ave (bet 72nd & 73rd St)
212-472-1700

Tenzan $35
1714 2nd Ave. (at 89th St)
212 369-3900

Teriyaki Boy $7
1640 3rd Ave (bet. 91st & 92nd St.)
212-807 7150

Tokubei 86 $25
314 E 86th St (bet. 1st & 2nd Ave)
212-628-5334

TORI SHIN

TORI SHIN is not an ordinary Yakitori Restaurant! Refined Tokyo-style Yakitori is made only with organic chickens from PA. No smoke from the grill with excellent ventilation. Vegetarian dishes available. Tori Shin Course for $40 and Omakase Kaiseki for $65
1193 1st Ave (bet 64th & 65th St) $70

Totoya $25
1144 1st Ave (at 63rd St)
212 753-0422

Tsuki Restaurant $25
1410 First Ave (bet. 74th & 75th St.)
212 517 6860

Wajima $40
134 E 61st St (bet Lex & Park Ave)
212-813-9055

Wasabi Lobby $30
1584 2nd Ave (at 82nd St)
212 988-5252

YUKA Restaurant $25
1567 2nd Ave. (bet 80th & 81st St)
212 772 9875

Yuko $25
1531 York Ave (at 81st St)
212 288-5800

Midtown West

Aki Sushi $30
39F W 52nd St (bet. 4th & 8th Ave)
212 262-2656

Aoki $30
234 W 46th St (bet Broadway & 8th Ave.)
212 956-2356

Aquamarina $30
713 2nd Ave (bet 38th &39th St.)
212 297 1600

Midtown West **Asahi Japanese Restaurant**
311 W 46th St (bet. 8th & 9th Ave) $20 Su L
212-307-5040

Midtown West **Bamboo 52**
344 W 52nd St (bet. 8th Ave. & 9th Ave.) $18 L
212-315-2777

Midtown West **Bendhano**
47 W 56th St (bet. 5th & 6th Ave.) $30 L
212-581-0030

Midtown West **Blue Ribbon Sushi Bar & Grill**
308 W 58th St (bet. 8th & 9th Ave.) $61 L
212-397-0404

Midtown West **East 55**
253 W 55th St. (bet. Broadway & 8th Ave.) $20 L
212-581 2240

Midtown West **Fuji**
239 W 56th St (bet. Broadway & 8th Ave.) $25 L
212-745-7137

Midtown West **Go Sushi**
756 9th Ave (at 51st St.) $20 L
212-459-2288

Midtown West **GO! GO! CURRY!**

The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant. They are known for long lines of diners and now take advanced orders. Delivery is available in Midtown West and East for a limited time. Details on website.

273 W 38th St (bet. 7th & 8th Ave.) $8.5 L
212-730-5555 www.gogocurryusa.com

Midtown West **Horu**
205 W 43rd St (bet. Broadway & 8th Ave.) $35 L
212-899-5810

Midtown West **Hoyashi Ye**
857 9th Ave. (bet. 58th & 59th St.) $15 L
212-956-2999

Midtown West **Iroha**
152 W 49th St (bet. 6th & 7th Ave.) $20 L
212-398-9049

Midtown West **Ise 56**
58 W 56th St. (bet. 5th & 6th Ave.) $20 L
212-707-4702

Midtown West **Ishihona**
319 5th Ave. (at 32nd St.) $25 L
212-696-0202

Midtown West **Kodama 45**
301 W 45th St. (bet. 8th & 9th Ave.) $20 L
212-582-0085

Midtown West **Koi**
40 W 40th St. (5th & 6th Ave) $60 L
212-921-3330

Midtown West **Kyotofu**
705 9th Ave (bet. 48th & 49th St.) $25 M L
717-874-4012

Midtown West **Menchenho-Tei**
43-45 W 55th St. (bet. 5th & 6th Ave.) $18 L
212-247-1585

Midtown West **Menhui-Tei**
60 W 56th St. (bet. 5th & 6th Ave.) $20 L
212 757 1642

Midtown West **Monster Sushi**
22 W 46th St (bet. 5th & 6th Ave.) $30 L
212-398-7707

Midtown West **Natsumi**
229 W 50th St (bet. Broadway & 8th Ave.) $30 L
212-758-2808

Midtown West **NOBU 57**
40 W 57th St (bet. 5th & 6th Ave.) $100 L
212-757-3000

Midtown West **Ocha**
350 W 49th St (bet. 8th & 9th Ave.) $25 L
212-581-3196

Midtown West **Omido**
1535 Broadway (bet.53rd 54rd St.) $45 L
212 247-6110

Midtown West **Ongeshimo**
43-45 W. 55th St., 2nd Fl (5th & 6th Ave) $30 L
212-541-7145

Midtown West **Oyishi Sushi**
374 W 49th St (at 9th Ave.) $12 L
212-265-5686

Midtown West **Rio & Yon**
321 W 45th St (bet. 8th & 9th Ave.) $25 Su L
212-307-0717

Midtown West **Soba Ber Hagi**
157 W 49th St (bet. 6th & 7th Ave.) $30
212 764-6549

Midtown West **Sapporo**
152 W 49th St (bet. 6th & 7th Ave.) $13 L
212-869-0972

Midtown West **Shimizu**
311 W 51st St. (bet. 8th & 9th Ave.) $50 Su L
212-581-1581

Midtown West **Soba Nippon**
19 W 52nd St. (bet. 5th & 6th Ave.) $30 L
212-489-2525

Midtown West **Sugiyamo**
251W 55th St. (bet. Broadway & 8th Ave.) $90 M Su
212-956-0670

Midtown West **Sushi Demo Damo**
330 W 58th St. (bet. 8th & 9th Ave.) $60 L
212 707-9609

Midtown West **Sushi of Gari 46**
347 W 46th St (bet. 8th & 9th Ave) $80 L
212-957-0046

Midtown West **Sushiden**
123 W 49th St (bet. 6th & 7th Ave.) $45 Su L
212-398 2700

Midtown West **Sushiya**
28 W 56th St. (bet. 5th & 6th Ave.) $20 L
212-757-5756

Midtown West **Techigui Soheya**
732 7th Ave (bet. 48th & 49th St.) $8 L
212 265-8181

Midtown West **Tariyaki Boy**
895 9th Ave (bet. 57th & 58th St.) $7 L
212-307-7202

Midtown West **Yakitori TOTTO**
251 W 55th St (bet. Broadway & 8th Ave.) $40
212-245-4566

Midtown West **Yoshinoya**
255 W 42nd St (bet. 7th & 8th Ave.) $7 L
717 703-8940

Midtown West **Yummy Sushi**
30 Rockefeller Plaza Concourse Level $7 L
212-459-2100

Midtown East

Midtown East **212 Fukumatsu**
212 E 52nd St (bet. 2nd & 3rd Ave.) $26 L
212 754-4640

Midtown East **Abuniya Kinnosuke**
213 E 45th St (bet. 2nd & 3rd Ave.) $51 L
212-867-5454

Midtown East **Amahuso**
143 E 47th St, 2nd Fl (bet. 3rd & Lex. Ave.) $20 Su
212-583-8189

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www.hatsuhana.com

Midtown East **Azusa**
3 E 44th St (bet. 5th & Madison Ave.) $25
212-681-0001

Midtown East **Chiyoda Sushi**
16 E 41st St (bet. 5th & Madison Ave.) $18
212-400-8880

Midtown East **DONBURI-YA**
137 E 47th St (bet. Lexington & 3rd Ave.) $25
212-980-7908

Midtown East **E53 Taniyaki House**
220 E 53rd St (bet. 2nd & 3rd Ave.) $20
212-888-8075

Midtown East **Go Sushi**
382 2nd Ave (at 52nd St.) $25
212-683-3863

Midtown East **Gyu-Kaku**
805 3rd Ave. 2nd Fl (at 50th St.) $40
212-702-9810

Midtown East **Hakubai**
The Kitano Hotel 66 Park Ave (at 38th St.) $66
212-885-7111

Midtown East **Haru**
280 Park Ave (at 48th St.) $35
212-490-9690

Midtown East **Hatsuhana**
17 E 48th St (bet. 5th & Madison Ave.) $50
212-355-3345

Midtown East **Hatsuhana Park**

Casual dining experience with authentic and fresh sushi. The combination of premium seafood and rice is sure to please your appetite! A wide variety of appetizers are popular among the Japanese patrons. Enjoy a relaxing time with great food in a cozy atmosphere.

237 Park Ave. (at 46th St.) $35
212-661-3400 www.hatsuhana.com

Midtown East **Inagiku**
111 E 49th St (bet. Park & Lexington Ave.) $70
212-355-0440

Midtown East **Ise 49**
151 E 49th St (bet. Lexington & 3rd Ave.) $25
212-319-6878

Midtown East **Izakaya Ariyoshi**

If you are looking for authentic and reasonable Izakaya style Japanese food, Ariyoshi is the place to be. Homey atmosphere is perfect to relax and enjoy over 100 kinds of home-style cooking. Fresh ingredients make for a varied daily menu. Open until 4am.

221 E 53rd St. (bet. 2nd & 3rd Ave.) $25
212-319-3940

Midtown East **Izakaya Riki**
147 E. 46th St (bet. 3rd & Lexington Ave.) $30
212-986-5904

Midtown East **Katsu-hama**
11 E 47th St (bet. 5th & Madison Ave.) $18
212 758-5908

Midtown East **Kuruma Zushi**
7 E 47th St 2nd Fl (bet 5th & Madison Ave) $110
212-317 2802

Midtown East **MOCO**

Check out Moco's amazing Happy Hour - $25 for all you can eat sushi and additional $5 for all your can drink. Happy hour is from 5pm-10pm (Mon-Sat) and 1pm-10pm (Sun). Hours are Mon 5pm-11pm, Tue & Wed 5pm-1am, Thu-Sat 5pm-2am, Sun 4pm-10pm.

516A 3rd Ave (bet. 34th & 35th St.) $30
212-685-3663

Midtown East **Megu Midtown**
815 UN Plaza (1st Ave bet. 47th & 48th st.) $125
212-964-7777

Midtown East **Menchanko-Tei**
131 E 45th St (bet. Lexington & 3rd Ave.) $14
212-986-6805

Midtown East **Nada-Sushi**
135 E 50th St (bet. Lexington & 3rd Ave.) $25
212-838-2537

Midtown East **Naniwa**
4 E 46th St (bet. 5th & Madison Ave.) $30
212-370-4045

Midtown East **Nippon**
155 E 52nd St (bet. Lexington & 3rd Ave.) $49
212-758-0226

Midtown East **Oms/b**
156 E 45th St (bet. Lexington & 3rd Ave.) $9
212-922-2788

Midtown East **Restaurant SEO**
249 E 49th St (bet. 2nd & 3rd Ave.) $40
212-355-7722

Midtown East **Runga**
205 E45th St. (bet. 2nd & 3rd Ave.) $50
212-867-4200

Midtown East **SAKAGURA**

Large Japanese sake bar in the world serving over 200 varieties of sake and seasonal dishes. Homemade soba, and lunch set of soba & rice bowl are popular. This amazing basement-situated on the basement level is perfect for couples. Private parties available.

211 E 43rd St. B1F (bet. 2nd & 3rd Ave.) $66
212-953-7253 www.sakagura.com

Midtown East **Shaburi**
125 E 39th St (bet. Lexington & Park Ave.) $30
212-867-8099

Midtown East **Shinbashi**
7 E 45th St (1st flr. bet. 5th & Madison Ave.) $35
212-813-1008

Midtown East **Shochu Bar Hatchan**
210 E 44th St.(bet.3rd & 2nd Ave.) $30
212-687 5075

Midtown East **Soba TOTTO**
211 E 43rd St 1st Fl (bet. 2nd & 3rd Ave.) $40
212-557-8200

Midtown East **Sushi ANN**
38 E 51st St (bet. Park & Madison Ave.) $50
212-755-1780

Midtown East **Sushi Time**
821 2nd Ave (bet. 43rd & 44th St.) $20
212-883-8083

Midtown East **Sushi Zen**
108 W 44th St. (bet. 5th & 7th Ave.) $70
212-302-0707

Midtown East **Sushiden**
15 E 49th St. (bet. 5th & Madison Ave.) $49
212 758-2700

Midtown East **Take Sushi**
1028 2nd Ave (bet. 54th & 55th St.) $35
212-355-3557

Midtown East **Taki Sushi**
60 W 48th St (bet. 5th & 6th Ave.) $14
212-843-6698

Midtown East **Tokyo**
342 Lexington Ave. (bet. 39th & 40th St.) $50
212-697-8330

Midtown East **Tsushima**
141 E 47th St. (bet. Lexington & 3rd Ave.) $40
212-207 1508

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4:30pm-11:00pm (Sun)

Midtown East **Udon West**
150 E 45th St (bet Lexington & 3rd Ave) $10
212-922-9677

Midtown East **Washoku Tai**
1007 2nd Ave (bet 53rd & 54th St) $30
212-223-4303

Midtown East **Yakiniku Izakaya Riki**

Serving authentic yaki niku dinner (Japanese BBQ) with several kinds of net wine, sake and shochu in a romantic semi-private dining space. A private back room accommodates large parties. Open Monday to Saturday from 6pm until 4am.
250 E 52nd St (bet 2nd & 3rd Ave) $30
212-826-4255

Midtown East **Yakitori East**
210 E 44th St (bet 2nd & 3rd Ave) $20
212-697-5075

Midtown East **Torys**

The sister restaurant of Yakitori Totto, Torys is the newest Yakitori spot in Midtown. Menu showcases every imaginable part of chicken, fruitlessly seasoned and grilled to perfection. Torys also offers innovative dishes as well.
245 E 52nd St 2Fl (bet 2nd & 3rd Ave.) $44
212-813-1800 www.torysnyc.com

Midtown East **YAMA Restaurant**
308 E 40th St (bet 1st & 2nd Ave) $37
212-355-3370

Midtown East **Yummy Sushi**
675 3rd Ave Food Court, Lower Level $7
212-888-8601

Korea Town

Korea Town **Ichi Umi Restaurant**
8 E 32nd St (bet Madison & 5th Ave) $25
212-725-1333

Korea Town **Toyama Sushi**
11 W 36th St (bet 5th and 6th Ave) $22
212 967 9541

Chelsea

Chelsea **Aki Sushi**
126 W 36th St (bet Broadway & 7th Ave) $30
212-695-8051

Chelsea **Dajoh Sushi**
300 W 23rd St (bet 7th & 8th Ave) $20
212-727-0898

Chelsea **ENNJU**
20 E 17th St (bet 5th & Broadway) $10
646-336-7004

Chelsea **Iron Sushi**
440 3rd Ave (bet 30th & 31st St) $29
212-447 5822

Chelsea **Izakaya Tea**
207 10th Ave (bet 22nd & 23rd St) $29
212-627-7777

Chelsea **Matsuri**
369 W16 St (at 9th Ave) $30
212-243-6400

Chelsea **Momoya Chelsea**
165 7th Ave (at 21st St) $40
212-989-4466

Chelsea **Monster Sushi**
156 W 23rd St (bet 6th & 7th Ave.) $30
212-620-0131

Chelsea **MORIMOTO**
88 10th Ave (bet 15th and 16th St) $90
212-989-8883

Chelsea **Naka Naka**
458 W 17th St. (bet. 9th & 10th Ave) $50
212-929-8544

Chelsea **Ono**
Gansevoort Hotel 18 9th Ave (at 13th St.) $60
212-660-6766

Chelsea **Rock-n-Saka NY**
131 W 25th St (bet 6th & 7th Ave.) $30
212-255-7253

Chelsea **Tahaya**
144 W 19th St (bet 6th & 7th Ave) $10
212-924-3335

Gramercy

Gramercy **15 EAST**
15 E 15th St. (Un on Sq. W & 5th Ave.) $80
212-647-0015

Gramercy **Ajo Sushi**
519 3 d Ave (bet 34th & 35th St) $26
212-686-2055

Gramercy **Aki Sushi**
121 E 27th St (bet Lex. & Park Ave. S.) $30
212-213-9888

Gramercy **BUTAI**
115 E. 19th St (bet. Park Ave. & Irving Pl.) $38
212 387-7885

Gramercy **Choshi**
77 Irving Place (at 19th St.) $20
212-420-1419

Gramercy **Hamachi**
34 E. 20th St. (bet. Broadway & Park Ave.) $17
212-420-8608

Gramercy **Hasa**
340 1st Ave. (at 20th St.) $20
212-598-9699

Gramercy **Haru**
220 Park Ave South (at 18th St.) $35
646-428-0999

Gramercy **JAPONAIS**
111 E. 19th St (bet. Irving Pl. & Park Ave. S.) $65
212 260-2029

Gramercy **Kaiten Sushi East**
396 3rd Ave (bet. 26th & 27th St.) $15
212-686-2328

Gramercy **Mishima**
164 Lexington Ave (bet. 30th & 31St St.) $25
212-532-8936

Gramercy **Momokawa**
157 E 28th St (bet. Lexington & 3rd Ave.) $45
212-684-7830

Gramercy **SABURI**

It is the only restaurant in NY serving Wafu-chuka (Japanese style Chinese cuisine with a healthy twist. A veteran owner chef who worked under the Iron Chef Chinese creates new and refreshing dishes. Enjoy Chinese cuisine like you've never experienced before.
155 Lexington Ave (bet. 30th & 31st St.) $25
212-481-7766 www.saburi.com

Gramercy **Sushi SAMBA**
245 Park Ave South (bet. 19th & 20th St.) $35
212-475-9377

Gramercy **Sushi San-nin**
30 E 33rd St (bet. Madison & Park Ave. S.) $40
212-889-2209

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Gramercy **Sushi Twist** $30
88 Madison Ave (bet. 27th & 28th St.)
212-213-2299

Gramercy **Terakawa Ramen** $12
138 Lexington Ave. (bet. 23 & 24th St.)
212-777-2939

Gramercy **YAMA Restaurant** $20
122 E 17th St. (at Irving Pl.)
212-475-0909

West Village

West Village **aki on west 4** $40
A former chef for the Japanese ambassador to Jamaica cooks excellent Japanese cuisine influenced by Jamaican flavors. Menu emphasizes presentation, original style, color and many dishes feature fruits. The intimate décor with 16 seats makes you feel at home.
181 W. 4th St. (bet. 6th & 7th Ave.)
212 989-5440

West Village **Blue Ribbon Sushi** $51
97 Sullivan St. (bet. Prince & Spring St.)
212-343-0404

West Village **Cho Cho San** $25
A neighborhood restaurant perfect for a get together with friends and family. They offer the refined traditional home cooking including many organic and locally sourced at affordable prices. Student discount available.
15 West 8th St. (bet. 5th & 6th Ave.)
212-473-3333 www.chochosanrestaurant.com

West Village **Go Sushi** $20
3 Greenwich Ave. (at 8th Ave. & 9th St.)
212-366-9272

West Village **Hahata Tonton** $25
61 Grove St. (bet. 7th Ave. & Bleecker St.)
212-242-3699

West Village **Morumi** $30
548 LaGuardia Pl. (bet. Bleecker & W 3rd St.)
212-979-7065

West Village **Miyabi** $20
121 W. 3rd St. (MacDougal St. & 6th Ave.)
212-777-2370

West Village **Miyagi** $20
220 W. 13th St. (bet. 7th & Greenwich Ave)
212-620-3830

West Village **Negomi** $35
176 Prince St. (Thompson & Sullivan St.)
212-387-8230

West Village **Rockmeishe** $35
11 Bleecker St. (bet. W. 4th St. & Bleecker)
212-475-7775

West Village **Setagaya (Union Sq)** $13
30 University Pl (bet. 11th & 12th St.)
212-225-1400

West Village **Soto** $45
357 Sixth Ave (bet. W. 4th & Washington Pl.)
212-414-3088

West Village **Sushi Membo** $18
255 Bleecker St. (Cornelia St. & Leroy St.)
212-675-5885

West Village **Tomoe Sushi** $30
172 Thompson St. (Bleecker & Houston)
212-777-9346

West Village **YAMA on Carmine St.** $37
30-40 Carmine St. (bet. Bleecker & Bedford)
212-989-9330

East Village

East Village **Ashiya** $15
187 1st Ave. (bet. 10th & 11th St.)
212-505-3345

East Village **Avenue A Asian World** $20
Avenue A Sushi and Main Cafe are now Avenue A Asian World. Our versatile space offers fresh sushi in a funky ambiance with a large lounge displaying local artworks and true Thai food in a cozy atmosphere. Visit us for a party or a relaxing sit down dinner.
103-105 Avenue A (bet. E 6th & 7th St.)
212-982-8105 / 533-2926

East Village **BONO STREET** $40
8 Bond St. (bet. Broadway & Lafayette St.)
212 777 2500

East Village **Cha-An** $20
Serving a wide variety of tea from China, Japan and India as well as original sweets created by our pastry chef. Daily Special Set for lunch or dinner goes well with Matcha Shake. Traditional tea ceremony in Seika-do (Hatam tea room) is available by reservation.
230 E. 9th St. 2nd Fl. (bet. 2nd & 3rd Ave.)
212 228-4030 www.chaanteahouse.com

East Village **Chiyono** $15
328 E. 6th St. (bet. 1st & 2nd Ave.)
212-673-3344

East Village **Curry-Ya** $20
Your hunger will undoubtedly be satisfied at Curry-Ya. Gourmet Japanese Curry boasts amazingly rich and complex flavors, and an intimate interior and atmosphere makes anyone feel comfortable dining alone or with friends. Lunch Set available from noon to 4 pm.
214 E. 10th St. (bet. 1st & 2nd Ave.)
866-602-8778 www.nycurry-ya.com

East Village **GO Restaurant** $18
Serving lunch from Wed to Sun. Lunch combo ($8.45) includes udon, salad and a choice of chirashi, unagu salmon skin or tekka don. Bento box ($7.95) includes a salmon teriyaki, hamburger steak or other entree. For drink, sake & Sapporo Beer combo is only $5.
30 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-254-5518

East Village **Gyu-Kaku** $40
34 Cooper Sq. (bet. 5th & 6th St.)
212-475-2585

East Village **Hasahi** $35
210 E. 9th St. (bet. 2nd & 3rd Ave.)
212-473-3327

East Village **Hea Bar and Restaurant** $20
Hea means to relax or chillin in Cantonese slang, and it is the New hot spot in East Village. They offer traditional Japanese cuisine with modern culinary inspiration at affordable prices. Come for a drink or dinner and chill at the outdoor seating when the weather is nice.
145 E. 13th St. (at 3rd Ave.)
212-982-1616 www.hearestaurant.com

East Village **IPPUDO NY** $20
65 4th Ave. (bet. 9th & 10th St.)
212-388-0088

East Village **Ishihura** $20
67 1st Ave. (at 4th St.)
212-674-7640

Yakiniku or Shabu Shabu tonight!
YAKINIKU IZAKAYA RIKI
250 E. 52nd St. (bet. 2nd & 3rd Ave) TEL: 212-[illegible]4255
Mon-Sat 6pm-4am Closed Sunday

Offering SHIO, SYOYU & popular GYOLOU ramen
Grand Opening in Union Square
Union Square Branch
90 University Place (bet. 11th & 12th St.)
Lunch: 12pm-3:30pm, Dinner: 4:30pm-12pm
Coming soon in Fleshing
New Taste from the Setaga-ya Headquarter
Miso-Ramen
A new style of rich miso soup with pork, chicken and fish base
Available ONLY at the East Village branch
Flushing Branch
37-20 37th Avenue Queens, NY 11354
East Village Branch (Specialized in Shio-Ramen and Miso-Ramen)
141 1st Ave (bet. St. Marks & 9th St.) 212-529-2740
Lunch 12pm-3:30pm, Dinner 4:30pm-11pm
St. Marks Branch (Specialized in Syoyu-Ramen)
34-A St. Marks Pl. (bet. 2nd & 3rd Ave.) 212-387-7959
Lunch 12pm-4pm, Dinner 5pm-1am (Sun-Thu) 5pm-2am (Fri & Sat)
WWW.SETAGA-YA.COM

East Village **Japonica**
100 University Pl (at 12th St.) $40
212-243-7752

East Village **JEWEL BAKO**
239 E. 5th St. (bet. 2nd & 3rd Ave.) $45
212-979-1012

East Village **Kambi Ramen Hausa**
351 E 14th St (bet. 1st & 2nd Ave.) $15
212-228-1366

East Village **Kasadela**
647 E 11th St (bet. Ave. B & C) $30
212-777-1582

East Village **Kenka**
25 St. Marks Pl (bet. 2nd & 3rd Ave.) $25
212-254-6363

East Village **Kyo Ya**
94 E. 7th St (bet. 1st Ave. and Ave.A) $35
212-982-4140

East Village **LAN**
56 3rd Ave (bet. 10th & 11th St.) $48
212-254-1956

East Village **May's Place Sushi**
121 2nd Ave (bet. 7th & St. Marks St.) $10
212-533-1448

East Village **Mankuu-Tei**
63 Cooper Sq (bet. 7th & St. Marks Pl.) $10
212-220-4152

East Village **MINCA**
538 E. 5th St (bet. Ave. A & B) $10
212-505-8001

East Village **Natori**
51 St. Marks Pl (bet. 1st & 2nd Ave.) $20
212-598-7711

East Village **Noodle Cafe Zen**
31 St. Marks Pl (bet. 2nd & 3rd Ave.) $12
212-533-6855

East Village **Nori**
125 2nd Ave (bet. 7th and St. Marks Pl) $20
212-677-4825

East Village **OH! Taisho**
9 St. Marks Pl (bet. 2nd & 3rd Ave.) $25
212-673-1000

East Village **Otafuku**

A tiny vendor like joint Otafuku specializes in popular Japanese comfort food. Takoyaki octopus dough and Okonomi yaki pancakes as well as Teriyaki and Da fuku mochi cakes filled with red bean paste. Our food will make you feel like you are in downtown Tokyo.
238 E. 9th St (bet. 2nd & 3rd Ave.) $6
212-979-2733

East Village **Rai Rai Ken**

Have you ever seen the movie Tampopo, a Japanese cult movie about sizzling ramen noodle soup? Rai Rai Ken lets you experience the real Tokyo ramen with [illegible]. Don't forget our homemade gyoza too. We guarantee the most delightful experience!
214 E. 10th St. (bet. 1st & 2nd Ave.) $15
212-477-7030

East Village **Sake Bar Decibel**
240 E. 9th St. (bet. 2nd & 3rd Ave.) $40
212-979-2733

East Village **Saka Bar Satsko**
202 E. 7th St. (bet. Ave. B & C) $25
212-614-0933

East Village **Sapporo East**
104 1st Ave (at 10th St.) $17
212-260-1330

East Village **Setagaya (St. Marks Pl.)**
34-A St. Marks Pl (bet. 2nd & 3rd Ave.) $13
212-387-7958

East Village **Setagaya - E. Village**

#1 Ramen from Tokyo continues to evolve! New location is open in Union Sq. serving Shio Soyu & Gyoku ramen. Must try new rich miso flavored broth ramen at E. Village location. For late night cravings visit St. Marks location until 2am on Fri. & Sat.
141 1st Ave (bet. St. Marks & 9th St.) $13
212-533-2740 www.setaga-ya.com

East Village **Shabu-Tatsu**
216 E. 10th St (bet. 1st & 2nd Ave.) $30
212-477-2872

East Village **Soba Koh**

Soba Koh offers 100% hand made soba noodles and our savory dipping sauces prepared with chicken bonito flakes —a true rarity. Combination one of soba and donburi dish a la carte $11-$14.50 for lunch. 5-Course Early Bird Special ($19.50) is served until 7pm.
309 E. 5th St. (bet. 1st & 2nd Ave.) $15
212-254-2244 www.cuisinescompass.com/sobakoh

East Village **SOBAYA**

Making soba by hand daily from high quality buckwheat flour imported from Japan. All natural ingredients make soba a healthy meal. Try Lunch Box $15 with soba or udon side dishes and dessert. Daily special appetizers and sake selection available for dinner.
229 E. 9th St. (bet. 2nd & 3rd Ave.) $20
212-533-6966 www.sobaya-nyc.com

East Village **Souen Noodle**
326 E. 6th St. (bet. 1st & 2nd Ave.) $12
212-388-1156

East Village **Souen Restaurant**
28 E. 13th St. (bet. Univers ty Pl. & 5th Ave.) $20
212-627-7150

East Village **Sushi Ariyoshi**

Sushi Ariyoshi is a hidden gem located near Union Square serving Japanese tapas & sushi. The menu includes authentic Japanese dishes as well as innovative dishes with a large selection of eggplants. A bar counter and a wide variety of sake available.
310 Broadway (bet. 11th &12th St.) $30
212-388-1884

East Village **Sushi Lounge**
132 St. Marks Pl (bet. 1st Ave & Ave A) $12
212-598-1188

East Village **Takahachi**
85 Ave. A (bet. 5th & 6th St.) $20
212-505-4524

East Village **Teriyaki Boy**
216 E. 10th St (bet. 1st & 2nd Ave.) $7
212-677-8058

East Village **Typhoon**
75 St. Marks Pl (bet. 1st & 2nd Ave.) $15
212-979-2540

East Village **Ummmie**

Ummmie is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.
86 E. 3rd st (bet. 1st & 2nd Ave) $20
646-654-1122 www.ummmieummmie.com

cho cho san
Japanese Restaurant
15 W 8th St (bet. 5th & 6th Ave.)
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www.chochosanrestaurant.com
$10 ALL YOU CAN DRINK HOT SAKE
BOTTLE OF WINE 1/2 PRICE

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Sun, Mon / 5:30 - 11pm
the Newest Yakitori Spot in Midtown
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158 E 52nd St New York, NY 10022
212-813-1900 | www.torysnyc.com

East Village **Udon West**
11 St. Marks Pl (bet. 2nd & 3rd Ave.) $20

East Village **Ushiwakamaru**
136 W. Houston St. (MacDougal and Sullivan) $80
212-228-4881

East Village **Village Yokocho**
8 Stuyvesant St. 2FL (bet. 9th St. & 3rd Ave.) $20
212-5[illegible]041

East Village **Yakimiku West**
210 E. 9th St. (bet. 2nd & 3rd Ave.) $25
212-979-9228

East Village **Yakitori Taisho**
5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-5065

East Village **Yoshi Sushi**
134 Avenue A (bet. 7th St & St Marks Pl) $16
212-420-5908

Lower Manhattan

Lower Mhn **Azabu Sushi**
428 Greenwich (basement of Greenwich Grill) $50
212-274-0428

Lower Mhn **Cube 63**
63 Clinton St. (bet. Stanton & Rivington) $21
212-228-6751

Lower Mhn **EN Japanese Brasserie**
435 Hudson St. (at Leroy St.) $40
212-647-9196

Lower Mhn **Greenwich Grill**
424 Greenwich St (bet Vesty & Laight St) $50
212-274-0428

Lower Mhn **Hiroko's Place**
75 Thompson St. (bet. Spring & Broome St.) $15
212-925-1303

Lower Mhn **Ise Dowatown**
50 Pine St. (bet. William & Pearl St.) $36
212-785-1800

Lower Mhn **Kajou**
21 South End Ave. (at W. Thames St.) $25
212-786-9898

Lower Mhn **Kitchen Club**
30 Prince St. (at Mott St.) $35
212-274-0025

Lower Mhn **Matsugen**
241 Church St. (at Leonard St.) $44
212-925-0202

Lower Mhn **MEGU**
62 Thomas St. (Church & W. Broadway) $125
212-964-7777

Lower Mhn **Mottsu**
295 Mott St. (bet. E. Houston & Prince St.) $25
212-343-8017

Lower Mhn **NINJA**
25 Hudson St. (bet. Duane & Reade St.) $35
212-274-0500

Lower Mhn **NDBU**
105 Hudson St. (at Franklin St.) $100
212-219-0500

Lower Mhn **NDBU NEXT DOOR**
105 Hudson St. (Franklin & N. Moore St.) $75
212-934-4445

Lower Mhn **Omen**
113 Thompson St. (bet. Prince and Spring, Sts.) $30
212-925-8923

Lower Mhn **Quickly Shabu Shabu**
257B Grand St. (Bowery and Chrystie St.) $13
212-431-0998

Lower Mhn **Rosanjin**
141 Duane St. (bet Church & W. Broadway) $80
212-349-7358

Lower Mhn **Sechiko's on Clinton**

High-end yet affordable "authentic eative" Japanese sushi/sake restaurant in the heart of LES with tranqu l garden for outside dining. Perfect for private parties, business meetings, birthday parties and holiday events. Delivery and catering services available.
25 Clinton St (bet E. Houston & Stanton St) $33
212-253-2500 www.sachikosonel-inton.com

Lower Mhn **Souen Restaurant**
210 5th Ave (at Prince St.) $20
212-907-7421

Lower Mhn **Soy**
102 Suffolk St. (bet. Delancy & Rivington) $14
212-253-1158

Lower Mhn **Suteishi**
24 Peck Slip (bet Water & Front St.) $20
212-766-2344

Lower Mhn **Takahachi Tribeca**
145 Duane St. (Church & W. Broadway) $35
212-571-1650

Lower Mhn **Tokyo Bar**
277 Church St. (bet. White & Franklin) $25
212-966-2727

Lower Mhn **Tokyo Lunch**
10 John St. (bet. Nassau St & Broadway) $10
212-608-1394

Lower Mhn **Yoshi Restaurant**
201 E. Houston St. (Orchard & Ludlow) $18
212 539-0225

Lower Mhn **Yushi**
250 Vesey St. (4 World Financial Center) $12
212 945-9068

Lower Mhn **Zutto**
77 Hudson St. (bet. Jay & Harrison St.) $20
212-233-3287

Brooklyn

Brooklyn **Blue Ribbon Sushi**
278 5th Ave. (bet. 1st St. & Garfield Pl.) $55
718-840-0406

Brooklyn **Bozu**

Japanese fusion tapes restaurant offering homemade infused Japanese spirits and more than 20 varieties of sake. Try our famous sushi bombs which are decorated round sush . A huge heated patio available. 5pm-12am (Mon-Thu, Sun) 5pm-1am (Fri & Sat)
296 Grand St (bet Havemeyer & Roebling) $20
718-384-7770 www.bozu.com

Brooklyn **Cube 63**
234 Court St. (at Baltic St.) $20
718-243-2208

Brooklyn **Geido**
339 Flatbush Ave. (on Flatbush Ave.) $20
718-638-1488

Brooklyn **Hibino**
333 Henry St. (Grand & Montgomery St.) $25
718-260-8052

Brooklyn **Iron Chef House**
92 Clark St. (bet. Henry St & Monroe Pl.) $15
718-858-8517

Brooklyn **Kappa Sake House**
368 5th Ave. (bet. 6th & 7th Ave.) $30
718-832-2070

Mon-Wed 11:30 a.m.-11 p.m.
Thurs-Sat 11:30 a.m.-12 a.m.
Sunday: 4 p.m.-11 p.m.
"Gleaming, great sa[illegible] and sushi define Mumon, a re[illegible] fish fantasy that's immediately the splash[illegible] Ja[illegible] restaurant on Long Island."
- Peter M. Gianotti - Newsday
MUMON
TEL: 516-747-3388
MUMON JAPANESE RESTAURANT
1300 Franklin Avenue, Garden City, NY 11530
www.MumonRestaurant.com

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Find your favorite style from Kambi's original pork, chicken, vegetable and mixed broth with shoyu, miso and sio flavors.
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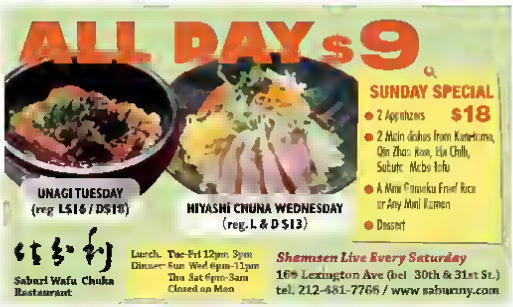
~ a sister restaurant of Minca
351 E. 14th St. (bet. 1st Ave & 2nd Ave) 212.228.1388
www.newyorkramen.com 11:30am-11pm


ALL DAY $9
SUNDAY SPECIAL
$18
2 Appetizers
2 Main dishes from Kamekura, Qin Zhao: Kow, Ma Chilly, Sabuto: Mabo Tofu
A Mini Tempura Fried Rice or Any Mini Ramen
Dessert
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HIYASHI CHUNA WEDNESDAY
(reg. L & D $13)
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Lunch: Tue-Fri 12pm-3pm
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Thu-Sat 6pm-5am
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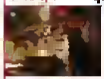
Shamsen Live Every Saturday
169 Lexington Ave (bet. 30th & 31st St.)
tel. 212-481-7766 / www.sabarinyc.com

Brooklyn **Ki Sushi**
122 Smith St (bet. Dean & Pacific St.) $30 L
718-935-0575

Brooklyn **Mizu**
192 Bedford Ave (bet. 6th St & 7th St.) $20 L
718-782-6666

Brooklyn **Osaka**
272 Court St (bet. Butler & Douglass St.) $30 L
718-643-0044

Brooklyn **qoo Rabata Bar**



Ayabera-zayaka just has just opened in the chic neighborhood of Williamsburg. It offers yakitori, sushi, Hitsumabushi eel as well as sake and shochu and its spacious interior makes you feel like you are in old Japan. Sun-Thu 6pm-12am, Fri & Sat 6pm-1am
367 Metropolitan Ave (at Havemeyer St.) $35
718-218-3483

Brooklyn **Sakura 6**
137 Manhattan Ave (Calyer St & Noble) $10 L
718-349-7886

Brooklyn **Sapporo Hana Japanese**
622 Manhattan Ave (bet. Driggs Ave & Nassau Ave) $16 L
718-389-9721

Brooklyn **Supercora**
305 Bedford Ave (bet. S 1st & S 2nd St.) $20 L
718-302-1629

Brooklyn **Tamari Restaurant**
201 Fifth Ave (bet Union & Berkeley) $20
718-230-5638

Brooklyn **Taro Sushi**
440 Dean St (bet. 5th Ave & Flatbush Ave) $20 L
718-399-0672

Brooklyn **Tenzaa**
7115 18th Ave (at 71st St.) $30 L
718-621-3258

Brooklyn **Yamato**
168 7th Ave (bet. Garfield & 1st St.) $16 L
718-840-0099

Brooklyn **Zenkichi**
77 N 6th St (bet. Wythe Ave & Berry St.) $60 M Tu
718-302-8385

Brooklyn **ZuZu Ramen**
173 4th Ave (at Degraw St.) $20 M
718-399-9899

Queens

Queens **ARIYOSHI**
41-13 Queens Blvd (bet. 41st & 42nd St.) $18 L
718-937-3288

Queens **ga wasabi**
34-02 30th Ave. (at 34th St.) $23 L
718-204-7364

Queens **KATSUNO**
103-01 Metropolitan Ave (71st Rd.) $35 M
718-575-4033

Queens **Kyoto Sushi**
159-11 Union Tpk (at 153rd St.) $25 L
718-380-7777

Queens **Momiji Restaurant**

Our family style menu offers creative sushi rolls, authentic teriyaki dishes and Japanese tapas dishes like yaki tori and gyoza, perfect for drinks over dinner. Free sake for one in customers on every Monday and Sunday!
37-04 Ditmars Blvd Astoria NY 11105 $20 L
718-626-0566

Queens **Shiro of Japan Atlas Pk**
80-40 Cooper Ave (at 80th St.) $20 L
718-326-8704

Queens **SUSHI ISLAND**
97-18 Queens Blvd Elmhurst NY 11373 $20 L
718-803-3033

Upstate

Upstate **Hajime**
267 Halstead Ave Harrison NY 10528 $30 M L
914-777-1543

Upstate **Kiko House**
11-21 E Washington Ave Pearl River NY $25 M L
845-735-8055

Upstate **Momiji**
261 Halstead Ave Harrison NY 10528 $20 Tu L
914-835-1078

Upstate **Nanasa**
522 Mamaroneck Ave White Plains NY 10605 $50 W
914-285-5351

Upstate **Nishi**
473 Ashford Ave Ardsley NY 10502 $20 Su L
914-693-2500

Upstate **Nada**
200 Hamilton Ave White Plains NY 10601 $20 L
914-949-0990

Upstate **Sakura**
56 Garth Rd Scarsdale NY 10583 $20 L
914-723-7767

Upstate **Sakurabana NY**
328 Route 59 Central Nyack, NY 10960 $20 L
845-727-3338

Upstate **Tanta**
830 White Plains Rd Scarsdale NY 10583 $10 Su L
914-725-9100

Upstate **Tsuru**
259 N Central Ave Hartsdale, NY 10530 $30 Tu L
914-761-0057

Long Island

Long Island **Akari**
2063 Merrick Rd Merrick NY 11566 $20 L
516-378-[illegible]

Long Island **Benihana**
2105 Northern Blvd Munsey Pk NY 11030 $30 L
516-627-3400

Long Island **Bentbana**
920 Merchant's Concourse Westbury NY $30 L
516-229-8091

Long Island **Banbori**
14 Elm St Huntington, NY 11743 $40 L
631-673-0400

Long Island **Iaatome Steak House**
6 5th St Valley Stream NY 11581 $28
516-872-0413

Long Island **Isono**
214 Jericho Tpk Floral Park NY 11001 $29 Su L
516-437-4552

Long Island **Koban Restaurant**
2016 Merrick Rd Merrick NY 11566 $30 L
516-223-9200

Long Island **Koisu**
540 Westbury Ave Carle Place NY 11514 $26 L
516-333-3434

Long Island **KuraBara**
478 New York Ave Huntington NY 11743 $20 M L
631-673-0060

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Long Island **Kurofune**
77 Commack Rd Commack, NY 11725 $22
631-499-1075

Long Island **Mumon Japanese Restaurant**

Mumon combines traditional Japanese cuisine with modern culinary inspirations. The veteran chefs set a high standard in a chic and Manhattan style ambience. They serve lunch, dinner, and carries an unprecedented list of Japanese sakes and fine wines.
1300 Franklin Ave Garden City, NY 11530 $35
516-747-3998 www.mumonrestaurant.com

Long Island **Nagashima**
12 A-1 Jericho Tpk Jericho, NY 11753 $25
516-938-0022

Long Island **Rock-n-Sake Port WA**
30 Main St, Port Washington, NY 11050 $30
516-883-9253

Long Island **Sapporo**
3965 Merrick Rd Wantagh, NY 11793 $35
516-785-3953

Long Island **Sea Restaurant**
23 Main Street, Sag Harbor, NY 11963 $40
631 725 1771

Long Island **Shiro of Japan**
401 Old Country Rd Carle Place, NY 11514 $20
516-877-4770

Long Island **SUSHI ICHI**
700 N Country Rd, Smithtown, NY 11787 $25
631-979-3111

Long Island **TAIKO Restaurant**
15 S Village Ave Rockville Centre, NY $20
516-678-6149

Long Island **Taka Sushi**
821 Corman Ave Westbury, NY 11590 $20
516-876-0333

Long Island **Take Sushi**
1035 Broadway Woodmere, NY 11598 $20
516-569-9506

Long Island **Tonjo**
196 Jericho Tpk Floral Park, NY 11001 $20
516-352-1116

Long Island **Yamaguchi**
93 Main St Port Washington, NY 11050 $25
516-883-9500

Long Island **Yuki's Palette**
811 Old Country Rd Westbury, NY 11590 $25
516-334-5009

Long Island **Yuki's Palette Too**
151 Merrick Ave Merrick, NY 11566 $25
516-867-8736

New Jersey

New Jersey **Ajihei Princeton**
11 Chambers St Princeton, NJ 08542 $20
609-252 1158

New Jersey **Akai Sushi Lounge**
11 N. Dean St Englewood, NJ 07631 $18
201 541-0093

New Jersey **Aoyama**
1632 Washington Valley Rd Martinsville, NJ $35
732-271-2668

New Jersey **Asahi Japanese**
1475 Bergen Blvd, Fort Lee, NJ 07024 $17
201-944-6113

New Jersey **Daimatsu**
950 Mountain Ave Mountainside, NJ 07092 $20
908-233-7668

New Jersey **Higo Batten**
2024 Center Ave #J & K Fort Lee, NJ 07024 $10
201-461 5465

New Jersey **Ichi Umi Restaurant**
362 Menlo Park, Edison, NJ 08837 $25
732-906-2370

New Jersey **Ichikan**
414 Hackensack Ave Hackensack, NJ 07601 $30
201-489-0301

New Jersey **Italian Tomato (Mitsuwa)**
595 River Rd Edgewater, NJ 07020 $7
201 941 5113

New Jersey **KIKU**
965 Rt. 17 South Paramus, NJ 07652 $45
201 265-7200

New Jersey **Komegashi**
103 Montgomery St Jersey City, NJ 07302 $25
201-433-4567

New Jersey **Komegashi too**

Located in waterfront Jersey City, Komegashi has the most gorgeous view overlooking Manhattan skyline offers exciting sushi selections. Try our Chirashi Royale the Presidential pick from chef with selection from Japan and domestic. Only 5 min PATH from NYC!
99 Town Sq Place Jersey City, NJ 07310 $30
201-533-8008 www.komegashi.com

New Jersey **Lounge Zen**
254 Degraw Ave Teaneck, NJ 07666 $30
201-832-4595

New Jersey **Masa Sushi & Grill**
81 W Allendale Ave Allendale, NJ 0740 $30
201-934-6616

New Jersey **Matsushima**
595 River Rd Edgewater, NJ 07020 $35
201-545-9450

New Jersey **Princeton Tomo Sushi**

Visit this cozy kitchen and taste some of the most delicate Japanese cuisine around. From truly authentic to delectably creative...everything is prepared with a smile and passion for fine food. Its casual setting and affordable prices make TOMO a rare find.
236 Nassau St Princeton, NJ 08540 $20
609-924-8478 www.princetontomo.com

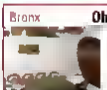
New Jersey **Shina**
498 Anderson Ave Cliffside Park, NJ 07010 $40
201 941-6333

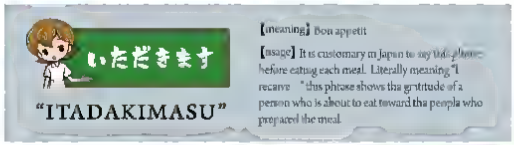
New Jersey **Tama's Cuisine**
113 Rt. 23 S Little Falls, NJ 07424 $20
973-837 1117

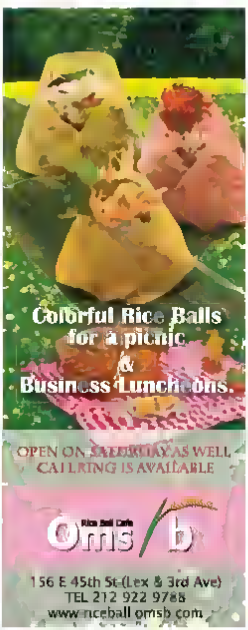
New Jersey **UKI UKI**
417 E Bergenhoff Av Palisades Pk, NJ 07650 $15
201 947 9448

New Jersey **Umeya**
156 Piermont Rd Cresskill, NJ 07626 $25
201-816-0511

The Bronx

Bronx **Obana**

At seaside haven of the Bronx we have been serving only the freshest ingredients with a flair show for your entertainment. The lounge area has 6 flat screens with a full bar service. Relax in our elegant settings with marble tables and beautiful shoji screens.
500 City Island Ave Bronx, NY 10464 $35
718-885-0700 www.obanahibachirestaurant.com


いただきます
"ITADAKIMASU"
【meaning】 Bon appetit
【usage】 It is customary in Japan to say this phrase before eating each meal. Literally meaning "I receive," this phrase shows the gratitude of a person who is about to eat toward the people who prepared the meal.



CAFE

Upper West — **Beard Papa's Upper W.** — Cream Puffs
2167 Broadway (at 76th St.) 212-799-3770

Upper East — **Ckoux Factory** — Cream Puffs
1685 1st Ave (bet 87th & 88th St.) 212-289-2023

Midtown West — **Cafe Zaiya Midtown W.** — Bakery
1073 6th Ave (bet. 40th & 41st) 212-764-6785

Midtown West — **Minamoto Kitchaan** — Confectionery
608 Fifth Ave (49th St. bet 5th & 6th) 212-489-3747

Midtown East — **Cafe Zaiya Midtown E** — Bakery
18 E. 41 St. (bet. 5th & Madison Ave.) 212-779-0800

Midtown East — **Chaux Factory** — Cream Puffs
Fist 1st Ave (bet 48th & 49th St.) 212 223-0730

Midtown East — **Waskoku Cafe** — Sushi / Noodels
9 E. 37th St. (bet. 5th & Madison Ave.) 212-686-2233

West Village — **Beard Papa's W. Village** — Cream Puffs
5 Cammie St. (bet. 6th Ave. & Bleecker St.) 212-989-9655

East Village — **Beard Papa's Astor Pl** — Cream Puffs
740 Broadway (bet. Aster & Waverly Pl.) 212-353-9988

East Village — **Cafe Zaiya East Village** — Bakery
59 Cooper Sq. (at St. Marks St.) 212 253-9700

East Village — **Chikahcious** — Dessert Bar
203 E.10th St. (bet. 1st & 2nd Ave.) 212-995-9511

Lower Mhn — **Dessert Cafe LUXEE** — Dessert Cafe

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6 Clinton St. (bet. E. Houston & Stanton St.) 212-375-1795 www.luxeenyc.com

New Jersey — **Minamoto Kitchoan** — Confectionery
715 River Rd. Edgewater NJ 201-313-0335

New Jersey — **Parisienne** — Bakery
250 Main St. Fort Lee, NJ 07024 201-592-6678

KARAOKE

Upper East — **Box Snack Riki** — $10/h $30 minm
141 E. 45th St. 2Fl (bet. Lex. & 3rd Ave.) 212-986-5612

Upper East — **Iggy's** — No charge
1492 2nd Ave (bet. 75th & 76th St.) 212-327-3043

Midtown West — **Japas 55** — $/h /person
253 W 55th St. (bet. Broadway & 8th Ave.) 212-765-1210

Midtown East — **Japas 27** — $9/h /person
366 3rd Ave. (bet. 26th & 27th St.) 212-689-2328

Midtown East — **Japas 38** — $9/h /person
9 E. 38th St. (bet. 5th & Madison Ave.) 212-679-4040

Midtown East — **Karaoke Duet 48** — $4/h /person
304 E. 48th St. (bet. 1st & 2nd Ave.) 212 753-0030

Midtown East — **Karaoke Top Tunes** — $8/hr
303-305 E.53rd St (bet 1st & 2nd Ave) 212-758-3818

Korea Town — **Ckorus Karaoke** — $2/song $40/room
25 W 32nd St. 3FL (bet. Broadway & 5th Ave.) 212-967-2244

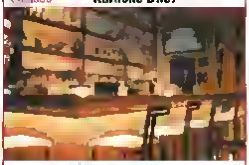
Korea Town — **Gagopa Karaoke** — $7/h /person
21 W 32nd St. (Broadway & 5th Ave.) 212-967-5353

Korea Town — **iBop Karaoke** — $6/h
25 W 35th St. 3 dFl (bet. 5th and 6th Ave.) 646-752-4895

Korea Town — **Karaoke Duet 35** — $4/h /person
53 W. 35th St. 2nd Fl (bet. 5th & 6th Ave.) 646-473-0626

Korea Town — **Tinga Tinga Karaoke** — $40/h /room
152 Madison Ave 6th Fl (bet. 32nd & 33rd St.) 212-213-0575

Chelsea — **Karaoke Dne7** — $2/song



We offer the city's largest song select on of over 80,000 in 13 different languages, and new songs are added monthly. Sing at the list for $2 per song or sing in a private room for $8/h per person. A variety of drinks available from the bar. Drinks are half price during Happy Hour (2pm-7pm). Large party rooms available. Call for reservat on. Open 7 days from 2pm to 4am (except Mon from 5am) *May close early on weekdays w/o notice

29 W 17th St (bet. 5th & 6th Ave.) 212-675-3527 www.karaoke17.com

West Village — **Karaoke Cave** — min $45 /room
9 East 13th St. (bet. 5th Ave. & Univers ty Pl.) 646-250-5670

East Village — **Planet Rose** — $2/song
219 Avenue A (bet. 13th & 14th St.) 212-353-3500

East Village — **Second on Second Karaoke** — $30/h /room
27 2nd Ave. (at 1st St.) 212-473-2922

East Village — **Sing Sing (Ave. A)**

SING-SING KARAOKE AVENUE A

Among the newest and trendiest restaurants on Avenue A, Sing Sing offers a bar lounge and 15 private rooms for karaoke. It is a perfect place for a get together with friends after dinner. Large party rooms are available for up to 30 people. OPEN 7 DAYS

81 Avenue A (bet. 5th & 6th St.) 212-674-0700 www.karaokes ngs ng.com — $7/h per person

East Village — **Sing Sing (St. Marks)**

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8 St. Marks Pl. 2nd Fl (bet. 2nd & 3rd Ave.) 212-387-7700 www.karaokes ngs ng.com — $7/h per person

Lower Mhn — **Asia Roma Bar & Lounge** — No Charge
40 Mulberry St. (at Worth St.) 212-385-1133

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Upper West — Ivy's Cafe
154 W 72nd St (Broadway & Columbus Ave) 212-787-8333 — $23

Upper West — Dilin's
1551 Broadway (bet. 47th & 48th St) 212-555-8181 — $15

Upper West — Dilie's
2857 Broadway (at 116th St) 212-932-3300 — $15

Upper West — Shua Lea West
43 W 65 St. (Columbus & Central Pk W) 212-595-8185 — $52

Upper East — Cafe Evergreen
1268 1st Ave (Bet. 69th & 70th St) 212-744-3268 — $30

Upper East — Chef Hon
1720 2nd Ave (bet. 88th & 90th St) 212-348-8444 — $25

Upper East — Hunan Balcony
1450 3rd Ave (bet. 82nd & 83rd St) 212-517-2081 — $18

Upper East — Lin's Noodle & Grill
1500 3rd Ave (bet. 84th & 85th St) 212-639-1313 — $22

Upper East — Dui Place Cuisines
1444 3rd Ave. (bet. 81st & 82nd St) 212-288-4888 — $25

Upper East — Philippn
33 E 70th St (bet. Madison & Park Ave) 212-644-8685 — $40

Upper East — Phoenix Garden
242 E 40th St (bet. 2nd & 3rd Ave) 212-953-0885 — $20

Upper East — Pig Heaven
1540 2nd Ave (bet. 80th & 81st St) 212-744-8333 — $15

Upper East — Shanghai Pavilion
1378 3rd Ave. (bet. 78th & 79th St) 212-585-3388 — $37

Upper East — Wu Liang Yn
215 E 86th St (bet. 2nd & 3rd Ave) 212-534-5588 — $29

Midtown West — Chinn Grill
CBS Bldg. 50 W 53rd St. (bet 5th &6th Ave) 212-333-7788 — $60

Midtown West — Joe's Shanghai
24 W 56th St. (bet. 5th & 6th Ave) 212-333-3868 — $20

Midtown West — Dilia's
200 W 44th St. (bet. 7th and 8th Ave.) 212-921-5988 — $15

Midtown West — Ruhy Fon's Times Sq.
1626 Broadway (bet. 49th & 50th St.) 212-489-5600 — $30

Midtown West — Tang's Pavilion
65 W 55th St. (bet. 5th & 6th Ave.) 212-956-6888 — $20

Midtown West — Wu Liang Ye
36 W 48th St. (bet. 5th & 6th Ave.) 212-398-2309 — $25

Midtown East — Chinn Chinesn Cuisinn
190 E 49th St. (bet. Lexington & 3rd Ave.) 212-371-2323 — $40

Midtown East — Chin Chin
216 E 49th St. (bet. 2nd & 3rd Ave.) 212-888-4555 — $45

Midtown East — Dynasty Sung
511 Lexington Ave. (at 48th St.) 212-355-1200 — $35

Midtown East — Evergrnnn
10 E 39th St. (bet. 5th & Madison Ave.) 212-448-1199 — $23

Midtown East — Grand Sichuan
1043 2nd Ave (bet. 55th & 56th St.) 212-355-9855 — $20

Midtown East — Mee Noodle Shop
922 2nd Ave (at 43th St.) 212-888-0027 — $15

Midtown East — MR K's
570 Lexington Ave. (at 51st St.) 212-583-1408 — $50

Midtown East — Dui Plncn Shnghai
141 E. 55th St. (bet. Lexington & 3rd Ave.) 212-753-3800 — $25

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Midtown East — Shun Lee Palace
155 E. 55th St. (bet. Lexington & 3rd Ave.) 212-371-8844 — $35

Midtown East — Tnn Yang Restsurnt
34 E 51st St. (bet. Park & Madison Ave.) 212-688-5447 — $40

Chinatown — Grand Sichuan
229 Lexington Ave (bet. 33rd & 34th St.) 212-679-5770 — $25

Chelsea — Grand Sichuan
229 9th Ave (at 24th St.) 212-620-5200 — $20

Chelsea — Rickshaw Dumpling
61 W 23rd St (bet. 5th & 6th Ave.) 212-924-3220 — $20

West Village — Chinatown Brassnnn
380 Lafayette St (at Great Jones St.) 212-533-7000 — $20

West Village — Empnn Szechuan
173 7th Ave S (at Perry St.) 212-243-8046 — $15

West Village — Shanghai Square
9 E 13th St (bet. 5th Ave. & University Pl.) 646-486-7313 — $20

East Village — Dumpling Maa
100 St. Marks Pl (bet. 1st & Ave. A.) 212-505-2121 — $11

Lower Mnh — Amazing 66
66 Mott St. (bet. Bayard & Canal St.) 212-334-0088 — $23

Lower Mnh — Au Mandarin
200-250 Vesey St. (at West St.) 212-385-0313 — $20

Lower Mnh — Big Wong
67 Mott St. (bet. Bayard & Canal St.) 212-964-0540 — $13

Lower Mnh — Chinn Chalet
47 Broadway (Exchange Pl. & Mer's St.) 212-943-4360 — $25

Lower Mnh — Congee Village
100 Allen St. (bet. Broom & Delancy St.) 212-941-1818 — $18

Lower Mnh — Dim Sum Go Go
5 E. Broadway (bet. Catharine & Oliver St.) 212-732-0797 — $15

Lower Mnh — Excellnat Dumpling
111 Lafayette St. (Canal & Walker St.) 212-219-0212 — $15

Lower Mnh — Golden Unicorn
18 E. Broadway (Div sion & Catherine St) 212-941-0911 — $15

Lower Mnh — Jing Fong
20 Elizabeth St. (bet. Bayard & Canal St.) 212-964-5256 — $20

Lower Mnh — Joe's Ginger
25 Pell St. (at Doyers St.) 212-285-0333 — $15

Lower Mnh — Joe's Shanghai
9 Pell St. (bet. Bowery & Mott St.) 212-233-8854 — $15

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21 Bowery (at Bayard St.) 212-349-0923 — $10

Lower Mnh — Mandarin Court
61 Mott St. (bet. Bayard & Canal St.) 212-608-3838 — $15

Lower Mnh — Mr. Tang
50 Mott St. (Bayard St.) 212-233-8888 — $20

Lower Mnh — New Bo-Ky
90 Bayard St. (bet. Mott & Mulberry St.) 212-406-2292 — $10

Lower Mnh — Nice Green Bo
66 Bayard St. (bet. Elizabeth & Mott St.) 212-625-2368 — $15

Lower Mnh — Oriental Garden
14 Elizabeth St. (bet. Bayard & Canal St.) 212-619-0085 — $30

Lower Mnh — Shanghai Cuisine
99 Bayard St. (at Mulberry St.) 212-732-8988 — $25

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20a Smith St. (bet. Baltic & Butler St.) 718-854-2277 — $15

Queens — East Monnn
40-45 Kissena Blvd (at Laburnum Ave.) 718-888-8898 — $15

Queens — Szwat-n-Tnrt
136-11 38th Ave (at Main St.) 718-661-3380 — $15

KOREAN

Midtown East — Korea Palace
127 E 54th St. (bet. Park & Lexington Ave.) 212-832-2350 — $20

Korea Town — Cha Dang Gnl
55 W 35th St (bet. 5th & 6th Ave.) 212-695-8222 — $30

Korea Town — Doa's Bogam
17 E. 32nd St (bet. 5th & Madison Ave.) 212-683-2200 — $25

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12 Park Ave (bet. 34th & 35th St.) 212-213-1001 — $25

Korea Town — Gnm Mnn Dk
43 W 32nd St (bet. 5th Ave. & Broadway) 212-695-4113 — $25

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53 W 35th St (Bet. 5th & 6th Ave.) 212-629-8588 — $15

Korea Town — HANGAWI
12 E 32nd St (bet. 5th & Madison Ave.) 212-213-0077 — $40

Korea Town — Hyo Dang Gnk
51 W 35th St (Bet. 5th & 6th Ave.) 212-695-7167 — $15

Korea Town — Kang Suh
1250 Broadway (at 32nd St.) 212-564-0845 — $28

Korea Town — Komtang House
32 W 32nd St (bet. 5th Ave. & Broadway) 212-947-9482 — $15

Korea Town — Kum Gang San
49 W 32nd St (bet. 5th Ave. & Broadway) 212-967-0909 — $25

Korea Town — Kunjip Restaurant
9 W 32nd St (bet. 5th Ave. & Broadway) 212-216-9487 — $15

Korea Town — Sanul Garden
34 W 32nd St (bet. 5th Ave. & Broadway) 212-736-9002 — $15

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37 W 32nd St (bet. 5th Ave. & Broadway) 212-677-1660 — $25

Korea Town — Woo Chon
10 W 36th St (bet. 5th & 6th Ave.) 212-695-0676 — $20

West Village — Do Hwa
55 Commerce St (at Bedford St.) 212-414-1220 — $30

East Village — Bibim-Bnn
141 1st Ave (bet. St Marks & 9th St.) 212-529-2745 — $15

East Village — Bon Jno
107 1st Ave (bet. 6th & 7th St.) 212-505-7974 — $20

East Village — Dok Sum's
115 1st Ave (bet. 7th St & St Marks Pl.) 212-477-9505 — $15

East Village — Persimmon Kimchi House
277 E 10th St (Bet. 1st & Ave A) 212-260-9060 — $37

Lower Mnh — Kori
253 Church St (bet. Leonard & Franklin St.) 212-334-0906 — $20

Lower Mnh — La Hun
171 Grand St (bet. Centre & Baxter St.) 212-343-0090 — $25

Lower Mnh — Woo Lae Oak
149 Mercer St (bet. E. Houston & Prince St.) 212-925-8200 — $50

Brooklyn — Dokobi
133 Graham St (bet. Bedford and Driggs Ave.) 718-782-1424 — $20

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Some of the highlights from Tai Thai's menu include *Hoi Jor*, the light and fluffy net roll appetizer, made with crabmeat, shrimp and taro, and *Pad Kee Mao* entrée consisting of wide ribbon noodle stir fried with your choice of mixed vegetables, chicken, beef or shrimp.

The lunch entree portions are generous and cost just under $6. You can also get delicious lunch appetizers for less than $4. Regular customers stream into Tai Thai to take advantage of these well (under) priced lunch dishes!

You'll find three different dining spaces to suit your particular mood and preference at the time of your meal: the front section opens up onto busy Bedford Avenue and is a great spot from where to do a little people watching on busy weekends; the bar area, with its dim, mood lighting, provides more intimacy for a date or a serious conversation; and the outdoor garden in the back provides serenity and peace to enjoy your meal underneath bamboo trees and peach trees and to the sounds of birds chirping in the background.

With something for everyone, Tai Thai in Williamsburg is looking forward to serving you your next great meal.

The light and delicate Hoi Jor appetizer (right) is a great start to your meal. Follow it up with the juicy mango shrimp entree (left) while enjoying one of Tai Thai's unique, delicious cocktails. Finally, be sure to save room for the sticky mango rice dessert at the end!

Tai Thai
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Upper East **Spice**
1411 2nd Ave (bet 73rd & 74th St) $20 L
212-980-5348

Upper East **Viang Ping**
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Midtown West **Aceluck Thai**
530 9th Ave (bet 39th & 40th St) $11 L
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Midtown West **Aura Thai**
462 9th Ave (bet 3F & 39th St) $11 L
212-971-4530

Midtown West **Bangkok Hausa**
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212-541-5643

Midtown West **Breeza**
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Midtown West **Chanpen Thai**
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Midtown West **Pam Real Thai**
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212-315-4441

Midtown West **Pongsri Thai**
244 W 48th St (bet. Broadway & 8th Ave) $20 L
212-582-3382

Midtown West **Q2 Thai**
786 9th Ave (bet 52nd & 53rd St.) $11 L
212-262-2236

Midtown West **Room Service Midtown**
919 9th Ave (bet 47th & 48th St) $25 L
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Midtown West **Thai Chat-Ya**
233 9th Ave (bet 24th & 25th St.) $11 L
212-498-2170

Midtown West **Thai Select**
472 9th Ave (bet 36th & 37th St.) $12 L
212-695-3620

Midtown West **Topaz Thai**
127 W. 56th St. (bet. 6th & 7th Ave.) $15 L
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Midtown West **Yum Yum 3**
550 9th Ave (at 46th St.) $15 L
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Midtown West **Yum Yum Bangkok**
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Midtown West **Yum Yum Too**
550 9th Ave (at 46th St.) $25 L
212 247 2226

Chelsea **Jaiya Thai**
39a 3rd Ave (bet. 25th & 26th St.) $20 L
212-683-1330

Chelsea **Lemongrass Grill**
136 E. 34th St. (bet Lexington & 3rd Ave.) $25 L
212-213-3317

Chelsea **Noach**
143 9th Ave (at 17th St.) $20 L
212-691-6800

Chelsea **Pad Thai**
114 9th Ave (bet. 15th & 16th St.) $25 L
212-691-6226

Chelsea **Pongsri Chelsea**
165 W. 23rd St. (bet. 6th & 7th Ave.) $25 L
212-645-8808

Chelsea **Regional Thai**
208 7th Ave (bet. 21St. & 22nd St.) $15 L
212-807-0972

Chelsea **Room Service**
166 8th Ave (bet 18th & 19th St.) $25 L
212-691-0296

Chelsea **Royal Siam**
240 8th Ave (bet. 22nd & 23rd St.) $15 L
212 741 1732

Chelsea **Spice**
136 8th Ave (bet 16th & 20th St.) $20 L
212-989-1116

West Village **Galanga**
140 W. 4th St. (bet Macdougal & 6th) $15 L
212-228-4267

West Village **Highline**
835 Washington St (at Little W 12th St) $36 L
212 243-3335

West Village **Lima Thai Bistro**
28 7th Ave. S. (bet. Bedford & Morton St.) $25 L
212 727 2678

West Village **Prem-an Thai**
138 W. Houston St. (MacDougal & Sullivan) $25 L
212-353-2330

West Village **Rhong Tiam**
541 La Guardia Pl. (W 3rd & Bleecker) $20 L
212-477-0800

East Village **Elephant**
50 E. 1st St. (bet. 1st & 2nd Ave.) $35
212-505-7739

East Village **Holy Basil**
149 2nd Ave. (bet. 9th & 10th St.) $15 L
212-460-5857

East Village **Klong**
7 St. Marks Pl (bet. 2nd & 3rd Ave.) $18 L
212-505-9955

East Village **SEA**
75 2nd Ave. (bet. 4th & 5th St.) $15 L
212-228-5506

East Village **Spice**
60 University Pl (bet. 10th & 11th St.) $25 L
212-982-3758

East Village **Spice**
104 2nd Ave. (at 6th St.) $20 L
212-533-6300

Lower Manhattan **Kittichai**
60 Thompson St. (bet. Broome & Spring) $56 L
212-219 2000

Lower Manhattan **Kuma Inn**
113 Ludlow St. 2FI(Delancey & Rivington) $25 L
212-353-8866

Lower Manhattan **Peap**
177 Prince St. (bet. Sullivan & Thompson St.) $20 L
212-254 7337

Lower Manhattan **Pongsri**
10F Bryant St.(at Baxter St.) $25 L
212-349-9132

Lower Manhattan **Sticky 9ice**
65 Orchard St. (bet. Broome & Grand St.) $12 L
212-674-6208

Brooklyn **Lily Thai**
615 Grand St. (bet. Leonard & Lorimer St.) $10 L
718-218-7522

Brooklyn **Long Tan**
136 5th Ave (bet. Berkeley & Union St.) $25
718-622-8444

Brooklyn **Pagoda Thailand Restaurant**

In Williamsburg near the L.e Graham strip authentic and savory flavor of Thailand is found at Pagoda. Thai curries, fried noodles, salads and appetizers are served at affordable prices and the retro-Asian decor accommodates locals to come in and relax.

333 Graham Ave Brooklyn, NY 11211 $15 L
718-388-8445/8449 www.pagodathaifood.com

Brooklyn **SEA**
114 N 6th St. (at Berry St.) $20 L
718-384-6450

Brooklyn **Tai Thai Restaurant**

Located on the main strip of Bedford Avenue in Williamsburg, Tai Thai offers the most delicious, freshly prepared traditional Thai curries, noodles, and vegetarian dishes. In a young, vibrant bohemian ambience, try our most popular lunch and dinner combinations!

208 Bedford Ave. Brooklyn, NY 11211 $15 L
718-599-5568/5569 www.tai-thai.com

Brooklyn **Tuk Tuk**
204 Smith St. (bet. Dean & Butler St.) $12 L
718-222-5588

Queens **Erawan**
213-41 39th Ave (at Bell Blvd.) $30
718-229-1820

Queens **Q Thai Bistro**
109-25 Ascan Ave (bet Austin & Burns St) $48 L
718-261-0599

VIETNAMESE

Upper West **Bar Bao**
100 W 72nd St. (Amsterdam & Columbus) $25
212-501-0779

Upper West **Saigon Grill**
620 Amsterdam Ave (at 90th St.) $25 L
212-875-9072

Upper East **Asia Grill**
1239 2nd Ave. (at 65th St.) $20 L
212-753-8818

Upper East **Vermicelli**
1452 2nd Ave (bet. 77th & 78th St.) $20 L
212-288-8818

Midtown East **Bai**
246 E. 44th St. (bet. 2nd & 3rd Ave.) $30 L
212-681-8541

Midtown East **La Colonial**
149 E. 57th St. (bet. Lexington & 3rd Ave.) $50 L
212-752-0808

Koreatown **PHO32**
2 W 32nd St (bet. 5th Ave & Broadway) $20 L
212-695-0828

Upper West **Bao Noodles**
391 2nd Ave (bet. 22nd & 23rd St.) $22 L
212-725-7770

Koreatown **Lannam**
393 3rd Ave. (at. 28th St.) $15 L
212-686-5188

Chelsea **Omai**
158 9th Ave. (bet. 13th & 20th St.) $30
212-633-0550

West Village **Saigon Grill Union Sq.**
81 University Pl (bet. 11th & 12th St.) $25 L
212 982 3831

East Village **Indochina**
430 Lafayette St (Astor Pl & 4th St.) $40
212 505-5111

East Village **Lannam**
121 University Pl (at 13th St.) $20 L
212-420-1179

East Village **Nicky's Viet**
150 E. 2nd St (at Ave. A) $9 L
212-388-1088

Lower Manhattan **HOLAN**
135 W. Broadway (bet. Thomas & Duane St.) $15 L
212 233-1330

Lower Manhattan **Mai House**
146 Franklin St. (Greenwich and Hudson) $25
212-431 0909

Lower Manhattan **Nam**
110 Reade St. (Church & W. Broadway) $20 L
212-267 1777

Lower Manhattan **Nha Trang**
87 Baxter St (bet. Bryant & Canal St.) $15 L
212 233-5948

Lower Manhattan **Pho Tu Do**
119 Bowery St (bet. Hester & Grand St.) $20 L
212 966-2666

Lower Manhattan **Viet Cafe**
345 Greenwich St (bet Harrison and Jay St.) $25 L
212-431 5588

Brooklyn **Nicky's Viet**
311 Atlantic Ave (bet. Hoyt & Smith St.) $9 L
718-855-8438

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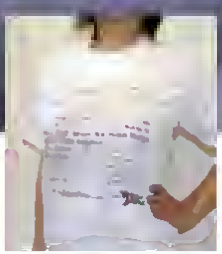

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Sautéed Salmon Fillet with Horseradish Crust and Honey-Mustard Glaze

Sandy Ingber
Executive Chef

Oyster Bar Grand Central Station

"The big difference is the crunchiness. Whenever you sauté or deep-fry with it or just use it as a crust, it's nice and crispy, and it blends all different kinds of flavor." Chef Ingber says of Kikkoman Panko. The nutty flavor and crunchy texture of panko really accentuate the delicious salmon flesh with its sweet and hot glaze. Chef Ingber notes. "Kikkoman Panko is perfect for my restaurant. It sticks better to the fish, it looks better, and I think the flavor is much better."

Grand Central Oyster Bar
Grand Central Station, New York, NY 10017
TEL. 212-490-6650 / www.oysterbarny.com

Ingredients (serves 4 people)

[Honey-Mustard Glaze]
4 tablespoons honey
4 tablespoons Dijon mustard
[Horseradish Crust]
1 cup Kikkoman Panko
4 tablespoons prepared horseradish, squeezed
1 teaspoon Old Bay seasoning
1 tablespoon fresh parsley, chopped fine
[Horseradish Crusted Salmon]
4-8 ounce Organic salmon fillets
Olive oil for sautéing
Honey mustard
Horseradish crust
Wondra or all-purpose flour for dredging
Salt and ground black pepper to taste

Preparation

① Place honey and mustard in small bowl and mix well. ② Place all ingredients for horseradish crust in medium-sized bowl and mix well, rubbing crumbs with your hands. ③ Preheat broiler. ④ In large saute pan, heat 4 tablespoons of olive oil until medium hot. ⑤ Season salmon with salt and pepper. ⑥ Dredge salmon in flour and shake off excess. ⑦ Add the salmon, skin side up. ⑧ Brown on one side for approximately 3-4 minutes and gently flip over for another 3-4 minutes. ⑨ Place the fillets skin side down on cookie sheet, lined with foil. ⑩ Spread the honey mustard glaze over the top of salmon. ⑪ Over bowl, press crust into salmon and return to pan. ⑫ Place salmon under broiler for a few seconds watching carefully. ⑬ After crust is brown, place on 4 plates and serve.

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Mushroom and Truffle Croquettes

David Waltuck
Owner and
Executive Chef

Chanterelle

"It holds well and keeps its crispiness very nicely." Chef Waltuck points out, describing the characteristics of Kikkoman Panko. He goes in a French direction by making croquettes with wild mushrooms and white-truffle butter. What makes this dish special is the nice contrast between the crunchy outside and the creamy inside, and Chef Waltuck is confident that Kikkoman Panko can retain the croquettes' creamy almost runny contents. "It's a nice, distinctive breading," he says.

2 Harrison St., New York, NY 10013
TEL 212-966-6960 / www.chanterellenyc.com

Ingredients (serves 4 people)

9 tablespoons white-truffle butter
5 tablespoons all purpose flour
1 ½ cups milk
Truffle salt, to taste (try 1 teaspoon to start)
½ teaspoon black pepper
¼ teaspoon ground nutmeg
Pinch cayenne
1 cup cooked (sautéed) mushrooms (such as oyster, hen of the woods, or a combination), chopped finely
3 tablespoons grated Parmesan

[For breading the croquettes]
All-purpose flour, for coating
2 eggs whisked with ½ cup milk
Kikkoman Panko

Preparation

① Melt butter in saucepan, then add flour and cook over low heat, stirring often, for about 5 minutes. Do not brown the flour.
② Add milk and cook, whisking. The mixture will thicken. Continue cooking at low simmer for another 5 minutes to make sure the raw flour taste is all minimized.
③ Turn off heat, add the truffle salt, pepper, nutmeg, cayenne, mushrooms and Parmesan. Pour into a container, cool and then refrigerate until cold and set.
④ When cold, roll into either small balls for an hors d'oeuvre or larger egg sized portions for appetizers.
⑤ Roll in flour, then egg and milk mixture, then coat in panko.
⑥ To serve, deep fry at 350°.
⑦ Serve with wedges of lemon.

Tofu Hamburger with Wild Vegetable Sauce

Akira Azuma
Executive Chef

Restaurant Nippon

"Kikkoman Panko is the secret ingredient of my tofu hamburger," says Chef Azuma. "Since it has a solid crunchiness which is not lost even after being cooked, it gives a unique texture to the hamburger." Bread crumbs usually function only as a connecting agent when used in a hamburger, but Kikkoman Panko does double duty. Chef Azuma adds, "Its ability to keep its crunchiness is amazing, so it's perfect for frying and even just sprinkling on top of a baked dish."

155 E. 52nd St., New York, NY 10022
TEL 212-689-5941

Ingredients (serves 4 people)

1 package firm tofu
1 onion
1/2 cup Kikkoman Panko
1 egg
Salt and pepper to season
All-purpose flour, as a binder
Oil for sautéing

[Sauce]
Assorted wild vegetables and mushrooms
Katakuriko (a Japanese starch)
Dashi broth
Salt
Usukuchi soy sauce
Mirin

Preparation

①Julienne onions and sauté in medium heat. Remove from heat and let cool to room temperature. ② Remove excess moisture by wrapping tofu in paper towel and putting weight on top of it for a while. ③ Squeeze moisture out of tofu and crush it. ④ Add onion, panko, egg, salt, pepper and all-purpose flour and mix well to make tofu paté. ⑤ Heat pan with a little oil and saute tofu pâté. ⑥ Boil wild vegetables and mushrooms in mixture of dashi broth, usukuchi soy sauce, mirin, and salt to make sauce base. ⑦ Dissolve katakuriko with water and add it into the sauce base for thickening. ⑧ Place sautéed tofu paté on plate and pour sauce.

*Chef Azuma suggests several different sauces to enjoy with this dish. **Scallion and soy sauce**: Saute shredded scallions with oil and add soy sauce. **Teriyaki sauce**: Sauté sliced mushrooms and garlic with oil and add soy sauce, mirin and cooking sake. **Wasabi shoyu**: Dissolve grated wasabi into soy sauce.

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CONVERSOTION WITH SOKE SOMMELIER

SAKE PAIRING WITH MULTIPLE PALATE

Since 2006 the Japanese-French fusion restaurant Japonais has been entertaining the city with its extravagant interiors, innovative cuisine, and great selections of beverages Their multi-cultural concept draws a diverse clientele of people from all backgrounds According to Justin Park, the sake sommelier, and Adan Esquivias, Bar Manager at Japonais their signature cocktails Geisha, and Saketini that incorporate sake are all the rage among their customers

Justin and Adan's knowledge of both sake and wine makes Japonais a happy place for the sake beginners and connoissoirs alike Their excellent food pairing advice brings out the best of both worlds allowing customers to truly appreciate the versatility of the beverage

How did you get your start in sake?

Justin I've always liked sake and wine, so I took some wine and sake courses, and that's how I got started It took me about 6-7 years to become a sake sommelier

Adan I started my interest in sake the same way Justin did Then I started to work at a Japanese restaurant where they had about 40 different kinds of sake, and the sake sommelier there was extremely knowledgeable, and I learned a lot from him, in addition to attending biweekly classes and sake seminars.

Was there anything in particular that intrigued you about sake?

Justin I found the whole rice polishing process interesting For example, the sake made with 70% or 75% seimaibuai (ratio of remaining grain after polishing) transforms into a very fragrant sake, which is great with French food I also think for foods like sushi sashimi, or in Korean food, yukke, or something like steak tartar even, sake just seems to be a better fit.

What do you do differently here?

Justin Well, here at Japonais pairing is a big focus. Not only sake, but everything you order whether it's wine or cocktail, food that is paired with it is very important to us, so we always try to serve a side dish that matches that beverage For example, we have a sake called Mizunoshirabe which is a delicate sake. We would pair this with, for example, our signature ceviche topped with a hint of yuzu, which also makes the dish very delicate.

Adan At Japonais, we have a very diverse clientele from American to French to Japanese, so we try to have a little bit of everything When it comes to sake and wine, everyone has a different palate So what we try to do is, if a customer is in the mood for sake, then we try to create a sake platter, or if they want wine, we create a wine platter, but whatever we do, we definitely try to create the best pairing experience for our customers.

Do you have any recommendations on pairing food with sake from your menu?

Justin Here we have a special dish called *Lobster Teriyaki* which is spicy Something like this requires, high alcohol content, so something like Minowamon, or Wakatake, which are heavier sakes are preferred, if you're Korean like me, because they go better with spicy foods. But the lighter kinds that are more smooth like Sasaichi and Mizunoshirabe are better with exotic foods like tuna ceviche or here we have a dish called *Hawaiian Hamachi* (yellow tail with tobiko, hot soy oil) Some of our customers like the nigori paired with *The Rock*, which is New York strip steak cooked on a hot rock presentation The smokey flavor this creates goes very well with the creamy taste of nigori, and that's why many Koreans like nigori zake. But at the same time, nigori also goes well with Japanese pumpkin which is creamy, and even something like pineapple mousse, so nigori can also be paired with desserts.

What advice would you have for sake beginners?

Adan If you want to develop your palate my advice is to go to as many different restaurants as possible and have sake at different places with different foods, because every restaurant has different sakes, you teach your palate There's really nothing else You can read about it, but the bottom line is you have to drink it to teach your palate

Justin I still see people who are looking for hot sake I personally don't recommend hot sake because not all restaurants know how to heat up sake Many tend to heat it up in the microwave, killing the flavor Since it's getting warmer outside, I definitely say stick with chilled sake.

Japonais

111 E 18th St. (bet Irving Place & Park Ave)
New York, NY 10003
TEL. 212-260-2020 / www.japonaisnewyork.com

Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and sake.

Coupon available at www.chopsticksny.com

GROCERY

JAS Mart 1 — Japanese
2947 Broadway (bet. 110th & 111th St.)
212-866-4780

M2M B'way & 114th — Japanese
2305 Broadway (bet. 114th & 115th St.)
212-280-4800

Dainoba — Japanese
128 E. 47th St. (bet. Lexington & 3rd Av)
212-755-7310

Katagiri & Co., Inc — Japanese
224 E. 59th St. (bet. 2nd & 3rd Ave.)
212-755-3660

Yagara — Japanese
24 E. 41st St. (bet. 5th & Madison Ave.)
212-679-3777

H Mart Han Ah Reum — Korean
25 W 32nd St (bet. Broadway & 5th Ave)
212-695-3213

Woorijip — Korean
12 W 32nd St. (bet. 5th Ave. & Broadway)
212-244-1115

JAS Mart 3 — Japanese
34 E. 23rd St. (bet. Park & Madison Ave.)
212-387-8882

Chez Noah — Japanese
500 Washington St. (at Leroy St.)
212-675-2646

Japan Premium Beaf — Other
57 Great Jones St(bet. Bowery&Lafayette)
212-260-2333

JAS Mart 2 — Japanese
35 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-420-6370

M2M E. Village — Japanese
200 E. 11th St. (at 3rd Ave.)
212-353-2758

Sunrise Mart Astor Pl. — Japanese

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4 Stuyvesant St. 2nd Fl (bet. E. 9th St. & 3rd Ave.)
212-598-3040

Pearl River Mart — Chinese
477 Broadway (Grand St & Broom St.)
800-878-2448

Sunrise Mart SoHo — Japanese

We carry a wide variety of Japanese groceries and everyday items as well as an expensive selection of organic and vegan products. Also enjoy curry, soba noodles, chicken katsu don and more at our food court with plenty of seating area on the 1st & 2nd fl.

494 Broome St. (bet. W. Broadway & Wooster)
212-219-0033

Tonjn Mart — Japanese
81 Mulberry St. (bet. Canal & Bayard St.)
212-962-6622

Family Market — Japanese
29-15 Broadway (bet. 29th & 30th St.)
718-956-7525

H Mart Northern Blvd. — Korean
141-40 Northern Blvd. (Parsons & Bowne)
718-358-0700

H Mart Northern Blvd. — Korean
150-40 Northern Blvd. (156th & 157th St)
718-886-0005

H Mart Union St. — Korean
29-02 Union St. (at 29th Ave.)
718-445-5866

H Mart Williston Park — Korean
400 Hillside Ave. Williston Park, NY 11596
516-699-0270

H Mart Woodside — Korean
56-16 Woodside Ave. (56th & 60th St.)
718-445-0758

Sakura-ya — Japanese
73-05 Austin St. (bet. Ascan Ave. & 73rd Rd.)
718-268-7220

Asian Market — Chinese
91 Colvin Ave. Albany, NY 12203
518-459-8188

DAIDO — Japanese
522 Mamaroneck Ave. White Plains, NY
914-683-6735

DS Seafood — Japanese
14-16 North Central Ave. Hartsdale, NY 10530
914-946-0065

Fuji Mart Scarsdale — Japanese
(1st White Plains Rd. Scarsdale, NY 10583
914-472-1488

Kam Sen Foods — Korean
22 Barker Ave. White Plains, NY 10601
914-428-4500

NIJIYA Market — Japanese
1st N. Central Ave., Hartsdale, NY 10530
914-949-2178

Dishinbo — Japanese
233 Halstead Ave. Harrison, NY 10528
914-835-4390

H Mart Great Neck — Korean
435 Great Neck Road, Great Neck, NY 11021
516-482-3113

Konbini Japan Products — Japanese
45 Main St., Port Washington, NY 11050
516-304-5722

Nara Japanese Foods — Japanese
189A Main St. Port Washington, NY 11050
516-883-1636

Shin Nippon Do — Japanese
63 Mineola Ave. Port Washington, NY 11577
516-625-1814

Family Market NJ — Japanese
10 Franklin Tpk. Waldwick, NJ 07463
201-444-5133

H Mart Cherry Hill — Korean
1720 Marlton Pike, Cherry Hill, NJ 08003
856-489-1611

H Mart Edison — Korean
510-14 Old Post Rd. Edison, NJ 08817
732-248-8586

H Mart Englewood — Korean
25 Lafayette Ave. Englewood, NJ 07631
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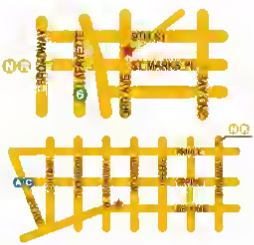

SoHo Store
494 Broome St
(bet. W. Broadway & Wooster)
212-219-0033
Sun-Sat: 10am-10pm

H Mart Little Ferry — 260 Bergen Tpke, Little Ferry, NJ 07643 — 201-614-0400 — Korean

H Mart Ridgefield — 321 Broad Ave, Ridgefield, NJ 07657 — 201-943-9600 — Korean

Mitsuwa Marketplace — 595 River Rd, Edgewater, NJ 07020 — 201-941-9113 — Japanese

Ridgewood Fisheries — 30 Prospect St, Ridgewood, NJ 07450 — 201-670-0882 — Japanese

Fuji Mart — 1212 E. Putnam Ave, Riverside, CT 06878 — 203-698-2107 — Japanese

J-Mart — 15 Orange St, New Haven, CT 06510 — 203-782-1234 — Japanese

Kotobukiya — 1815 Massachusetts Ave, Cambridge, MA — 617-354-6514 — Japanese

Maido — 36 N. Narberth Ave, Narberth, PA 19072 — 610-747-0557 — Japanese

Tokyo Japanese Store — 5855 Ellsworth Ave, Pittsburgh, PA 15232 — 412-661-8777 — Japanese

LIQUOR

Gotham Wines & Liquors — 2517 Broadway (bet. 93rd & 94th St.) — 212-932-0990 — Sake/Shochu

Nancy's Wine — 313 Columbus Ave (bet. 74th & 75th St.) — 212-877-4040 — Sake/Shochu

Garnet Wine — 929 Lexington Ave (bet. 68th & 69th St.) — 212-772-8211 — Sake/Shochu

Mister Wright — 1583 3rd Ave (bet. 89th & 90th St.) — 212 722-4564 — Sake/Shochu

Arabassador Wine — 1020 2nd Ave (at 54th St.) — 212-421-5078 — Sake/Shochu

Landmark wine — 167 W. 23rd St. (6th & 7th Ave.) — 212-242-2323 — Sake/Shochu

Union SQ Wine — 140 5th Ave (at 18th St.) — 212-675-8100 — Sake/Shochu

LEDU WINES — 600 Washington St (at Leroy St.) — 212-924-6998 — Saka

Astor Wine — 399 Lafayette St. (at 4th St.) — 212-674-7521 — Sake/Shochu

MJK liquor — 161 3rd Ave (bet. 15th & 16th St.) — 212-475-9160 — Sake/Shochu

Sakaya — 324 E. 9th St. (bet. 1st and 2nd Ave.) — 212-505-7253 — Sake

Warehouse Wines — 735 Broadway (at W 9th St.) — 212-982-7770 — Sake/Shochu

East Village Wine — 168 Stanton St. (bet. Clinton & Attorney) — 212-366-7700 — Sake

Grapevine Wine — 151 Grand St (bet. Crosby & Lafayette St.) — 212@25 1236 — Sake/Shochu

New York Wine EX. — 9 Broadway (bet. Morris & Battery Pl.) — 212-422-2222 — Sake/Shochu

September Wines L.E.S — 100 Stanton St. (at Ludlow St.) — 212-358-0770 — Sake

Heights Chateau — 123 Atlantic Ave, Brooklyn, NY 11201 — 718-930-0363 — Sake/Shochu

Smith and Vine — 264 Smith St. (bet. Douglass & Degraw) — 718-243-2864 — Sake

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12 N. Central Ave, Hartsdale, NY 10530 — 914-948-5900 — Sake/Shochu

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-Hayato Hishinuma-

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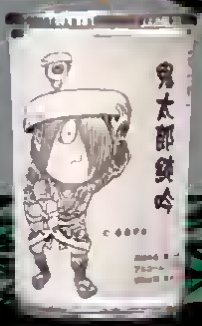

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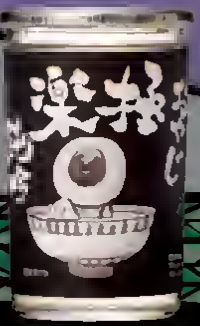

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SHOCHU: YAKITORI LOVER'S BEST FRIEND

Walking into Oh! Taisho, the first thing to notice is the true Japanese hospitality, the atmosphere, the energetic, welcoming, friendliness despite the constant business. It's largely due to the owner and master yakitori chef, Mr. Kenji Mizogami's belief that the yakitori joints aren't meant to be fancy, but a place where everyone from all walks of life are welcomed, and where heart-to-heart conversations among friends take place over shochu. He spoke to us of his love for shochu and feature of Kuromaru.

Why are you a shochu guy?

Because you don't get hangovers with shochu. Even if you think you had a little too much, you can still go to work feeling fine the next day. It's very easy on the body. In general, shochu sales fall behind sake sales in America, but I think that will change in the near future and shochu will be the more popular drink, and I predict it will largely be due to this fact. It's just a matter of time. As more people start drinking shochu and start appreciating its different tastes and understanding what's to like, then it will take off.

What's your take on Kuromaru?

I have been drinking shochu for a long time, since even before it became so popular. Back in those days, they were really stinky drinks with a strong flavor of their base ingredient in my opinion. But these days, shochu is being made to be more delicate, and easier to drink. I have to say, even though Kuromaru is a very clean drink, which perfectly fits in the modern shochu category, you can still really taste the flavor of the sweet potato, and I like it quite a bit.

Do shochu and yakitori go hand-in-hand?

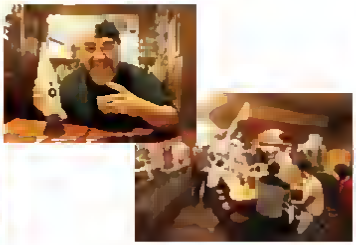
For me, yes. I think that shochu and yakitori are similar in a lot of ways. Traditionally they are the food and drink of the working class Japanese. It's not supposed to be fancy. You can go have it alone, or with lots of friends. Yakitori places are really casual, and shochu is also a casual drink. It's not like sake which you put in small cups and sip little bits at a time. With shochu you can put it in a big cup and gulp it down! The culture of yakitori kind of also has that unreservedness. You enjoy it with good friends and family, and everyone can be who they are. Places like this have a special meaning to me because it brings back lots of good memories.

What kind of foods would you pair Kuromaru with from your menu besides yakitori?

I would say Kimchi Nabeyaki Udon is a good one. Cream Salmon Yakisoba, Pork Kimchi, and Scallops wrapped in Bacon on skewer is also a good one. Anything with a strong taste like kimchi, or rich and greasy would be a good choice with Kuromaru On The Rocks.

How should beginners choose their shochu?

The first thing to do is learn your taste and what you like. To do that, I guess you'd have to go drink shochu with someone that knows shochu, or to come to places like ours that have shochu flights. Here you can choose any three shochu for $12, so it would be a great start.



▲ *Mr. Mizogami a.k.a Taisho, has been a fixture in the East Village community since 1996 and his infectious warmth and friendliness has been the key to the success of his establishment where shochu is the star beverage.*

◀ *Kuromaru's clean taste and refreshing hint of sweet potato is perfect with rich or strong tasting foods such as kimchi as it washes down the palate leaving the mouth fresh.*

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Shochu Tipsit

If you are a shochu fan looking for a fun way to serve shochu at your BBQ party this summer try Kappo-shu. It's a traditional way Japanese people used to enjoy hot shochu outdoors using a young, green bamboo shoot. Put a hole in the bamboo, pour shochu into it, and stab it in the ground near the open fire. As the shochu warms up, the oil from the bamboo seeps into the shochu scenting it with the fresh aroma of young bamboo.

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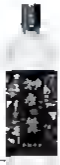

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ASK THE BEAUTY GURU —VOL.17—

TOP JAPANESE HAIRSTYLIST MAKING HIS MARK ON THE FUTURE —EIJI SALON

Even after reaching the top in his industry, hair stylist Eiji Yamane's journey to perfection continues. His new goal involves training the next generation of sensational hair stylists.

You are now considered the master of the dry-cutting technique. How did you first come across the technique? Is it very different from a standard method?

It was through my mentor, and a true master of the dry cutting technique, John Sahag. He was an Australian who was born in Beirut, and worked in Paris. It was his philosophy that I adopted as my own because I had so much respect for him. I still think there is no one better than him, and I still strive everyday to be as good as he was. With a wet cut, there are certain ways of cutting that applies to all styles. But with the dry cut, you have to look at it as if you are building a house from bottom up, each strand at a time. That's why I call it "hair sculpture." Each style and person requires a unique cut depending on the way the hair flows, the thickness of hair, and even by season and health condition of the person at that very moment. So even if the same customer comes in all the time, each time it's different, and each time we have to put our best foot forward.

What's the advantage of dry-cutting?

The advantage is that, it's easy to recreate. Most customers believe it's hard to reconstruct what was done at the salon, because they are not hair stylists, and they would never think to blame the haircut. But I think a good haircut is one that holds, no matter what. If you can't recreate it the same way at home, then it wasn't a good haircut to begin with. That's why we take an hour and a half for each customer. It's that much more expensive because of the time and personal attention we give, but in the end, you will have a haircut that's customized to you personally, and one that holds its shape, and looks great without having to do much to it.

What's your philosophy as a top hair stylist?

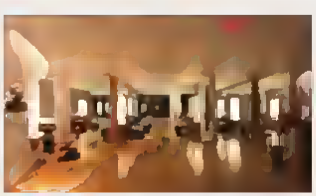
Here at my place, our philosophy is to do our jobs well. What I mean by that is to put our customers first, and to create something they are fully happy with, and to constantly find ways to make it even better. Secondly, quality over quantity. We devote our time to each customer, meaning we see fewer customers per day, but you'll see it in the result. I also believe, to be a good stylist, technique only makes up 1%, the other 99% is imagination. Still we train very hard every day for that 1% because this 1% carries a lot of weight. This is a hair salon, but I don't see my studio as a place of business. To me, it's where I train the next generation of great hair stylists, and where we polish our skills.

How do you decide on how to cut each person's hair?

I never know what I want to do just by looking at a model or a customer. I might know what I don't like, or what I want to fix, but I never have a clear idea of what to do until I actually touch the hair. When I touch it, I start seeing what kind of hairstyle would be suitable for them at that particular moment, considering how the person dries their hair and those kinds of conditions. You may think I'm crazy, but when you touch people's hair all the time, you start understanding that a person's hair is directly connected to their soul, and I can understand a lot about them just by touching their hair. I couldn't do it when I was younger, but now I can.

A former auto-racer, Mr. Yamane brings his dynamic, daredevil personality into his styles that creates the kind of edge you can't find anywhere else.

Eiji Yamane, owner of Eiji Salon on Madison Avenue has worked on the NY Collection, appeared on Bravo, and has been written up in numerous magazines. He is the protégé of the late John Sahag, and now has his own protégés here and in Japan where he goes back to teach often. At his Salon he offers his dry-cutting service for $350, but he is booked up fast. In addition to hairstyling, the salon offers manicures/pedicures, various hair treatments, and coloring.



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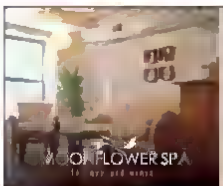

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Detox your life with colonics! In 45 minutes constipation, bloating, gas and excess digestive problems. Also offering shirodhara, lymphatic drainage and ear candle. 10% off on your first visit until the end of June. Package discounts available.
145 W 28th St. 9th Fl (bet. 6th & 7th Ave.) | Colonic $100
212-279-0558 www.fabulousliving.net

East Village **New York Electrolysis**

Offering comprehensive electrolysis treatment by highly trained Japanese electrologist with 10+ years of experience. Electrolysis is the only proven method of permanent hair removal. Call for free consultation. You have nothing to lose but your unwanted hair!
917-210-4344 www.electrolysisny.com | 15min/ $50-
*New office location TBA in June

Chelsea **Supple Spa**
55 W 19th St. 2nd Fl (bet.5th & 6th Ave.) | $65/1h
212 929-5946

East Village **TAMAGO Skincare**
251 E. 13th St (bet. 2nd & 3rd Ave.) | $48/h-
212-505-1558

Lower Mhn **Corine Beauty Center**
121 Baxter St (bet. Canal & Hester St.) | $45/h
212-641-7118

Lower Mhn **Facial Spa**
170-172 Canal St #303 (Mott & Elizabeth St.) | Facial $90/60min
212-625-5114

Lower Mhn **KSS Beauty Spa**
197 Centre St (bet. Canal & Hester St.) | Facial $46
212-966-9531

Lower Mhn **NY Chinatown Nutrition Ctr**
9 E. Broadway #301 (at Catherine St.) | Weight Loss
212-422-0310

Lower Mhn **Spring Thyme Wellness**
75 Nassau St (bet. Fulton & John St.) | $40-
212-385-4973

Queens **este de doronko**
119-45 Union Tpk. Forest Hills NY 11375 | Whitening $80-
917-886-4004

Queens **Spa Castle**
131-10 13st St (at 11th Ave.) | $35-
718-939-8900

Upstate **este de doronko**
21 Lake St. White Plains, NY 10603 | Left up $80-
917 886-4004

New Jersey **King SPA Saune**
321 Commercial Ave. Palisades Park, NJ | $35
201 947-9955

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August (7/24) **Japanese Beauty** - fashion, decoration, etc.
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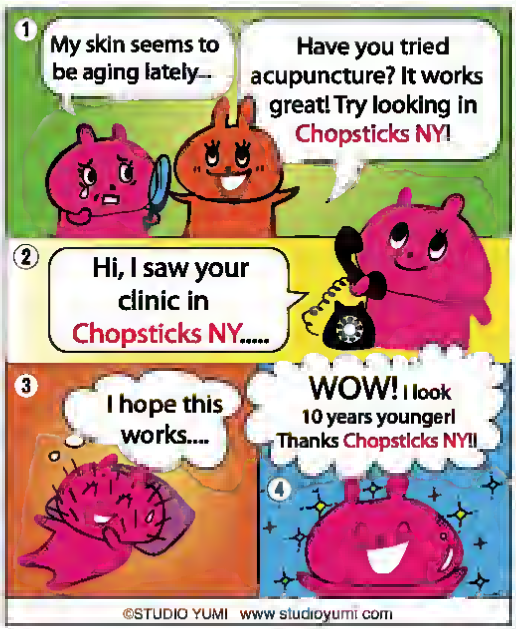
or E-mail **adsales@chopsticksny.com**


1
My skin seems to be aging lately...
Have you tried acupuncture? It works great! Try looking in Chopsticks NY!
2
Hi, I saw your clinic in Chopsticks NY.....
3
I hope this works....
WOW! I look 10 years younger! Thanks Chopsticks NY!!
4
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Health Guide

Individual prices are recommend[illegible]rrent price
Coupon available at www.chopsticksny.com

SHIATSU

Upper East — Tsunami — $90/h
20 E 50th St 2F (bet. 2nd & 3rd Ave) — 212-826-5888

Midtown West — Salon de Tokyo — $70 /60min
200 W 57th St #1308 (at 7th Ave) — 212-757-2167

Midtown West — Osaka Health Spa 56 — $100/h
50 W 56th St #2 (bet. 5th & 6th Ave) — 212-956-3422

Midtown West — Osaka Health Spa 46 — $100/h
37 W 46th St (bet. 5th & 6th Ave) — 212-575-1233

Midtown West — Esprit Wellness — $80 /15min
2 W 45th St #1708 (bet. 5th &6th Ave.) — 212-354-5976

Midtown East — Kenkodo Inc — $90 /60min
211 E 53rd St(bet.2nd & 3rd Ave) — 212-980-0088

Midtown East — IDO HOLISTIC CENTER

Do Holistic Center offers st retsu massage — trad tional Japanese acupressure massage that will relieve you of physical pa n and stress. 20 min dry sauna and a shower included with a shiatsu massage. Two-for-one weekend special (sauna & sh atsu) is $105.
9 E 45th St, 8th Fl (bet Mad son & 5th Ave) — 212-599-5300 www.heritjapan.com — $80 /60min

Midtown East — Endo Seitai Shiatsu — $80 /30m n
18 E. 41st St., 1st Fl (bet 5th & Madison) — 212-533-0041

Midtown East — Ease Salon — $40 /25min
51 E42 St. #1408 (bet. Mad son & Vanderbilt) — 212 681-5151

Midtown East — Do-in Center — $120/h
211 E. 43rd St. #1605 (bet. 2nd & 3 d Ave) — 212-697-9114

Chelsea — OHASHI INSTITUTE — $45-85 /60m n
147 W. 25th St 6th FL (bet. 6th & 7th Ave.) — 800-810-4150

East Village — Keisy — $45 /60m n
225 E. 9th St. 2nd Fl (bet. 2nd & 3rd Ave.) — 212-253-6171

Lower Mhn — Howard's Beauty Salon — $50/h
34 Howard St. 2nd Fl (Broadway & Crosby) — 212-925-8966

Lower Mhn — Hirai Healing — $90/h
636 Broadway #1004 (bet. Bleecker & Houston) — 646-203-4333

Lower Mhn — Health Trail CO. — $80 /60m n
23 Pell St. 2nd Fl. (bet. Mott & Bowery St.) — 212-608-2212

ACUPUNCTURE

Upper West — Dr. Hong — $60 /30m n
4167 Broadway (bet 175th & 177th St.) — 646-239-3322

Upper East — Herbal Fairy Spa — $80 /60mn
225 E. 84th St. #4 (bet. 2nd & 3rd Ave.) — 212-249-3858

Midtown West — Yamaguchi Acupuncture

One of the most distinguished acupuncturists with over 30 years of experience. Licensed in NY, CA and Japan, specializes in pain management, sports injury, infertility, allergy, asthma and digestive problems. Little to no pain with Japanese technique.
161 W. 54th St. #21 (bet. 6th & 7th Ave) — 212-246-7596 www.yamaguchi-acupuncture.com — Acupuncture

Midtown West — Risako Blonstein — $75/ visit
130 W. 42nd St #511(bet. 6th Ave & Bway) — 516-457-3058

Midtown West — NY Acupuncture & Herb — $100 /visit
250 W. 57th St. #1330 (at Broadway) — 212-262-9338

Midtown West — Nihon Medical Group — $60–
15 W. 44th St. 10th Fl (bet. 5th & 6th Ave.) — 212-575-8810

Midtown West — Edsan Chan — $100/h
119 W 57th St. Suite 511 (6th & 7th Ave.) — 212-574-2660

Midtown East — David L. Zang — $50 /50min
14 E. 34th St. 5th Fl (bet. 5th & Madison Ave.) — 212-685-1773

Midtown East — Chun Yuen Li — $80/ visit
141 E. 55th St. #5D (bet. Lex & 3rd Ave) — 212 750-6384

Midtown East — Amy Nature Center — $80/ visit
137 E 47th St. (bet. 3rd & Lexington Ave.) — 212-867-2220

Midtown East — Acumed Center — $80/ 60m n
150 E. 58th St. #1C (bet. 3rd & Lexington Ave.) — 212-888-6677

Midtown East — 41st Street HealthCare — $90/ 120m n
18 E. 41st St. (bet. 5th & Madison Ave.) — 212-683-0041

Chelsea — Yoshiko Kamiyama — Homeo pathy
20 W 20th St #311(bet. 5th & 6th Ave.) — 914-954-6804

Chelsea — Love & Compassion — $120 /2h
48 W. 21st St. 7th Fl (bet. 5th & 6th Ave.) — 212-242-8701

East Village — SuHu Natural Health — $60/ visit
1 Union Sq W.#715 (at E 14th St.) — 212-691-8251

Queens — Chin Kei — $50 /45min
133-47 Sanford Ave. #1G Flushing, NY 11355 — 718-321-7222

Long Island — Kimura Acupuncture — $80/acu $40/exar
516 Lakeville Rd. New Hyde Park, NY 11040 — 516-775-0778

DOCTOR

Upper East — Fay M. Dhsumi MD — Inter nist
117 11S E. 66th St. #1B (Lex & Park Ave.) — 212-288-6121

Midtown West — Nihon Medical Group — General Clinic
15 W 44th St. 10th Fl (5th & 6th Ave.) — 212-575-8310

Midtown West — M. Sonoda MD — OBGYN
200 W. 57th St #705 (at 7th Ave.) — 212 977 1747

Midtown West — Luis Fujimoto DDS — Dentist
250 W 57th St #2212 (Bet. Bway & 8th Ave.) — 212-315-3138

Midtown West — Anshin Medical Health — General Clinic
36 W. 44th St. #303 (bet. 5th & 6th Ave.) — 212-730-3010

Midtown East — Yamagate Dental — Dentist
230 Park Ave. #525 (bet. 45th & 46th St.) — 212-867-1188

Midtown East — Dversee Japanese Clinic — General Clinic
11 E. 47th St 2nd Fl (bet Mad son & 5th) — 212-223-3777

Midtown East — Mitsugu Shimmyo — Opto-metrist
345 E. 37th St. #203 (Bet. 1st & 2nd) — 212-867-6700

Midtown East — Kya Nakamura DDS — Dentist
20 E. 49th St. #601 (bet. Madison & 5th Ave.) — 212-486-1121

Midtown East — Hiroshi Kimura — Dentist
30 Central Pk. S. 3D (bet 5th & 6th Ave.) — 212-486-1121

Midtown East — Haruyo Fajiwaki PhD — Psych-ologist
3 E 54th St. (bet. 5th & Madison Ave.) — 212-288-2527

Midtown East — 41st Street HealthCare — General Clinic
18 E. 41st St. (bet. Madison & 5th Ave.) — 212-683-0041

Korea Town — Japanese Medical Practice — General Clinic
55 E. 34th St. 2nd Fl. (bet. Park & Madison) — 212-869-2119

Chelsea — Haruna Miyamoto SW — Social Worker
354 W 19th St. #3C (bet. 8th & 9th Ave.) — 347-403-3508

New Jersey — Dversee Japanese NJ — General Clinic
47-25 Halstead Ave. #101 Harrison, NY 10528 — 914-381-8068

New Jersey — Dsuka Shika — Dentist
1617 Fark Ave. Fort Lee, NJ 07024 — 201-461-0130

New Jersey — New Jersey Clinic — General Clinic
2231 Lemoine Ave. Fort Lee, NJ 07024 — 201-944-1008

New Jersey — Japanese Women's Center — OBGYN
870 Palisade Ave. 3rd Fl. Teaneck, NJ 07666 — 201-747-2264

New Jersey — Evergreen Pediatrics — Pedia tr cs
1356 15th St. #180 Fort Lee, NJ 07024 — 201-224-3344

New Jersey — Edgewater Family Care — General Cl nic
725 River Rd. #202 Edgewater, NJ 07020 — 201-943-4040

HEALTH PROOUCT

Queens — Metro Pharmacy — Pharm acy
41-16 30th Avenue Astoria, NY 11103 — 718-204-1414

Illinois — June Bees — Health Product
1330 St. James St. Palatine, IL 6007 — 800-567-0341

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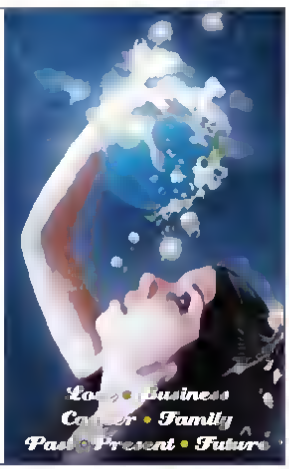


FOCUS ★ HEALTH

JAPANESE ACUPUNCTURE PROMISES TO PIN DOWN BAD HEALTH

Like many people, I've battled with health problems throughout my life. Recently, two conditions have made life more uncomfortable than usual. Asthma, which I thought I left behind in childhood, is back with a vengeance. The other is an injury I got when practicing judo in Tokyo: three ruptured discs in my neck. Only a risky surgery can repair the damage. Modern medicine fails to offer a safe cure for either condition, so I think it's time for me to try an alternative treatment: acupuncture.

Acupuncture is an age-old, East Asian form of treatment where needles stimulate prescribed points on the body based on Traditional Chinese Medicine (TCM) to regulate one's energy flow. Today, there are many styles of acupuncture, like Chinese, Korean, even electro-acupuncture, among others. After some research, I chose Japanese-style acupuncture for its unique characteristics. Unlike its Chinese ancestor, which uses large needles placed deep into the skin until a "de qi" sensation (like tingling) is reached at each point, Japanese acupuncture has developed to focus on relaxation by incorporating finer needles, about the breadth of a human hair, which are placed just beneath the skin gently with a small tube for guidance.

I walk into the **Yamaguchi Clinic** a bit nervous at the thought of needles on my delicate skin, but Dr. Yoshihiro Yamaguchi immediately makes me feel relaxed. He also allows me to choose which language I would like to use during the session, so I dare to speak in Japanese. Amazingly, he can immediately tell from my few sentences in poor Japanese that I have lung problems, weak kidneys, and sensitive skin. I lie down on the table as he taps my pulse on each wrist for several minutes and looks at my tongue and throat. Touching is emphasized in the pre-exam of Japanese acupuncture in order to determine proper needle insertion points and treatment strategy. Dr. Yamaguchi points out another unique feature of Japanese acupuncture: "In Japan, acupuncturists attend school for three years, studying both TCM and Western medicine. This gives them the skills necessary to diagnose and treat patients in diverse ways."

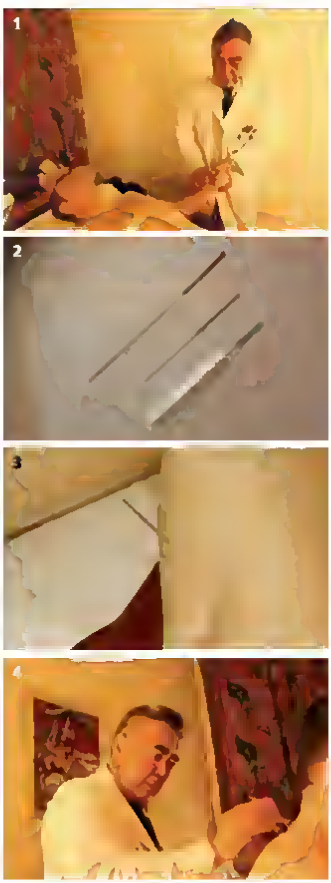
Targeting the asthma, he inserts over a dozen needles in my chest, abdomen, arms, hands, and shins. Two of the needles produce a slight pricking sensation, but the others only feel like gentle taps on the skin. The gentleness of the experience and my immediate calm surprises me. After resting for a time, and resembling a pincushion, Dr. Yamaguchi removes the needles and I sit up. To my disbelief, my lungs feel much lighter and I manage to breathe deeply without restriction, as if I just used my inhaler.

Dr. Yamaguchi turns now to my neck and changes to a special Japanese needling technique: "quick insertion, quick removal" (sokushi sokubatsu). He inserts a needle into points along my neck and upper-back and removes it just as quickly. At last, after massaging my neck to find the most painful point (I don't tell him, he just finds it!), he inserts a single needle and gently pivots my head in all directions before removing it. Because of the severity of the injury, apparently, more sessions are necessary to produce noticeable improvement, but my neck definitely feels less stiff.

Even though I won't be entering a triathlon or doing headstands any time soon, acupuncture has opened my eyes to the hope that my lungs and neck don't have to keep me from enjoying an otherwise healthy and active life. Where there is a will, there is a way. So if your back is up against a wall of bad health, acupuncture just might be the door out of your anguish and into a healthier life.

—Reported by *Chad Diehl*

Yamaguchi Acupuncture
161 W. 54th St., #21 (bet. 6th & 7th Aves.)
New York, NY 10019
TEL: 212 246 7588 / www.yamaguchiacupuncture.com



1. Dr. Yamaguchi performs a pre-exam, carefully studying my pulse. I relax. **2.** The two larger needles on the left are Chinese type; the blue-handled needle with plastic tube is the finer Japanese type. **3.** A needle stimulates a point in my arm as part of my asthma treatment. **4.** Dr. Yamaguchi performs "sokushi sokubatsu" technique to treat my neck.

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art...

Coupon available at **www.chopsticksny.com**

APPAREL

Upper West — Bitz Kids — Clothing
410 Columbus Ave (bet. 79th & 80th St.)
212-724-4415

Upper East — R by 45rpm — Clothing
17 E 71st St. (bet. Madison Ave and 5th Ave)
212-737-5545

Upper East — Saigo Accessories — Accessories
1242 Madison Avenue (bet. 89th & 90th St.)
212-534-6275

Upper East — SEIGO NECKWEAR — Accessories
1242 Madison Ave. (bet. 89th & 90th St.)
212-987-0191

Midtown East — BLOOM New York — Jewelry
381 Madison Ave. (bet. 45th & 46th St.)
212-370-0068

Midtown East — Royal Chic — Clothing
626 Madison Ave. (at 59th St.)
212-588-0555

Gramercy — Ripplu — Lingerie Shop

Japanese expert in body shaping undergarments with 20 years of experience. Specializes in custom-altered fits, from small 30A to full 40H, to enhance body shape. Three-step system gradually reshapes tissue through a series of bras to increase lift naturally.
56 Madison Ave. (bet. 27th & 28th Sts.)
212-593-2223 www.ripplu.com

East Village — ARGOSY — Clothing
426 E 9th St. (bet. 1st Ave. & Ave. A)
212-982-7915

East Village — Local Clothing — Clothing
328 E 6th St. (bet. 1st & 2nd Ave.)
212-777-3650

East Village — Tokio 7 — Clothing
44 E 7th St. (bet. 1st & 2nd Ave.)
212-353-8443

East Village — Tokyo Joe — Clothing
334 E. 11th St. (bet. 1st and 2nd Ave.)
212-473-0724

Lower Mhn — Facial Index — Eyewear
104 Grand St. (at Mercer St.)
646-613-1055

Lower Mhn — Junko Yoshinka — Clothing
540 Broadway 2 Fl (W Broadway & W Houston)
212-209-9302

Lower Mhn — Kaori's Closet — Clothing
71 W. Houston St. (Wooster St. & W. Broadway)
212-387-7795

Lower Mhn — Kazuyo Nakano NY — Accessories
117 Crosby St. (bet. Houston and Prince St.)
212-941-7093

Lower Mhn — Madame Killer — Clothing
365 Broome St. (bet. Lafayette & Mulberry)
212 505-8382

Lower Mhn — Minko Mintz — Clothing
68 Thompson St. (bet. Spring & Broome St.)
212 627 1524

Lower Mhn — Mika Inatome — Clothing
93 Reade St. 2Fl (bet. W Broadway and Church)
212-966-7777

Lower Mhn — meg — Clothing
96 Kenmare St. (bet. Mott and Mulberry)
212-334-4032

Lower Mhn — R by 45rpm — Clothing
166 Mercer St. (at Houston St.)
917-237-0045

Lower Mhn — tutu — Clothing
55 Spring St. (bet. Lafayette & Mulberry)
212-219-3548

Lower Mhn — UNIQLO — Clothing
546 Broadway (bet. Prince & Spring St.)
917-237-0900

Lower Mhn — Yamak — Clothing
321 1/2 Bleecker St. (Christopher & Grove)
212-807-9100

Lower Mhn — Yohji Yamamoto — Clothing
103 Grand St. (at Mercer St.)
212-966-9066

J-POP CULTURE

Midtown West — Jas Mart 1 — Video Rental
2947 Broadway (Bet. 110th & 111 St.)
212-866-4700

Midtown West — Jim Hanley's Universe — Manga
4 W 33rd St. (bet. 5th & Broadway)
212-268-2081

Midtown West — Kinokuniya Bookstores — Book
1073 Ave. of the Americas (bet. 40 & 41)
212-665-1700

Midtown West — Midtown Comics — Anime
200 W 40th St. (at 7th Ave.)
212-302-8192

Midtown East — Asahiya Bookstore — Book
560 Madison Ave. (bet. Madison and 5th Ave.)
212-593-0011

Midtown — Book Off — Book Store

The largest recycling bookstore in Midtown !! We sell JAPANESE Manga, Anime, Graphic novels, literatures, DVDs, CDs & Games!! Check our quality and price. For more information, please see our advertisement on page 81. OPEN 7 days 10am-9pm
14 E. 41st St. (bet. Madison & 5th Ave.)
212-685-1410

Midtown East — Daimbu — Video Rental
129 E. 47th St. (bet. Lexington & 3rd Av)
212-755-7360

Midtown East — Midtown Comics — Anime
459 Lexington Ave. (at 45th St.)
212-832-8192

Chelsea — Cosmic Comics — Manga
10 E. 23rd St. 2nd Fl. (at Madison Ave.)
212-460-5322

Chelsea — Image Anime — Anime
242 W. 30th St. (bet. 7th & 8th Ave)
212-631-0955

Gramercy — Jas Mart 3 — Video Rental
34 E. 23 d St. (Bet. Park & Madison Ave.)
212-387-8882

West Village — AC Gears — Toy
69 E. 8th St. (at Mercer St.)
212-260-2263

East Village — Forbidden Planet — Toy
840 Broadway (at 13th St.)
212-473-1576

East Village — Jas Mart 2 — Video Rental
35 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-420-8370

East Village — Kim's Vidan St. Marks — Anime
124 1st Ave. (bet. 7th St. and St. Mark Pl.)
212-533-7390

East Village — St Marks Comics — Manga
11 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-598-9436

East Village — Sunrise Mart — Video Rental
4 Stuyvesant St. (3rd Ave. 9th St.)
212-598-3040

East Village — Toy Tokyo — Toy
121 2nd Ave. 2nd Fl. (bet. 7th & St. Marks Pl.)
212-673-5424

East Village — Vidxa Games New York — Toy
202 E. 9th St. (at 3rd Ave.)
212-539-1039

Lower Mhn — Hidrobot — Toy
126 Prince St. (bet. Greene and Wooster)
212-966-6656

Lower Mhn — Sunrise Mart, Soho — Video Rental
494 Broome St. (W. Broadway & Wooster)
212-219-0033

Queens — Anime Castle — J-Pop
Manga anime clothes food, toys and other merchandise can be found at Anime Castle. Low prices and friendly service. Come out to Flushing, Queens and have the best time of your life. Yu-gi-Oh and Bleach card tournament held every Sunday.
35-62 Union St. Flushing, NY 11354
347-436-1296 www.animecastle.com

Brooklyn — Zakka Corp — Book
155 Plymouth St. (bet. Pearl and Jay St.)
718-801-1037

Upstate — Kinokuniya Bookstores — Book
3030 Palisades Center Dr. West Nyack, NY
845-353-8800

Long Island — Anime Castle — Anime
77 Searing Avenue Mineola, NY 11501
516-214-4464

California — Digital Manga, Inc — Manga
1487 W. 178th St. Gardena, CA 90248
310-817-6010

TRADITIONAL

Upper East — Wuhan New York — Towel

Tenugui (te-hand, nugui-wipe) are Japanese cotton towels used as towels, wrapping, decorations and accessories. Art works of tenugui are unique and elegant. These simple cloths bring the beauty of Japanese trad tion and style into your life.
536 W. 111th St. (B'way & Amsterdam)
212-231-0128 www.wuhannyc.com

Upper East — Sarn — Oshiware
950 Lexington Ave. (bet. 69th & 70th St.)
212-772-3243

Midtown East — Japanese Culinary Center — Oshiware/ General
711 3rd Ave. (at 45th St.)
212-911-3333

Midtown East — Katagiri & Co., Inc — Oshiware
226 E 56St (bet. 2nd & 3rd Ave.)
212-935-5453

Midtown East — Minamoto — Confectionary
508 Fifth Ave. (at 40th St.)
212-489-3747

Midtown East — Precious Places — Parchment
5 Tudor City Pl. #10Z (40th & 41st St.)
212-682-0505

Chelsea — KYOTOYA — General
23 W 13th St. (bet. 5th & 6th Ave.)
212-414-0720

Chelsea — Po An — Oshiware
521 W 25th St. (bet. 10th & 11th St.)
212-627-4633

West Village — Machizukuri WAJIMA — Oshiware
551 Laguardia Pl. (bet. Bleecker & W 3rd St.)
212-982-8450

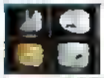
East Village — Makan — Antique/ General

Makar offers innovative and traditional museum quality antiques from Japan. We carry tableware, chinaware, furniture, kimono ornaments and art from Edo to Showa period as well as contemporary items like tea & sake cups, tenugui and more.
97 Third Ave. (bet. 12th & 13th St.)
212-995-5888 www.themakan.com

Lower Mhn — KITEYA SOHO — General

Kiteya means "please visit" in the Kyoto dialect of Japanese. We offer a variety of products such as washi, origami decorations, kids clothing, washi papers and more. Luxury line of handbags and scarves made from traditional Yuzen dyed kimono cloth available.
464 Broome St. (bet. Mercer & Greene St.)
212-219-7505 www.kiteyany.com

Lower Mhn — Korin — Oshiware
57 Warren St. (bet. Church St. and W. Broadway)
212-587-7021

Soho — Sato Trading, Inc — Oshiware/ Knives

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New Jersey — Mars New York — General
585 River Rd. Edgewater, NJ 07020
201 945-1134

Upper Jersey — Utsuwa-No-Yakata — Oshiware

Artful plates is another aspect of enjoying a meal. Japanese tradition is to choose the right shape, size and colors of a plate to suite the food being served. Experience Japanese tableware at Utsuwa-No-Yakata, a direct importer of Japanese pottaries.
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201 941-1902 www.tokinsa.com

Pennsylvania — Morihata International — General
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1-866-903-8291 www.jlife-international.com

Lower Mhn — Seasons — Furniture
115 Crosby St. (bet. Hudson & Prince St.)
212-226-0257

GALLERY

Chelsea — Gallery Chelsea 32
2 W 32nd St (bet. Broadway & 5th Ave.) | 646-548-7991 | Gallery

Chelsea — Ippodo
521 W 25th St (bet 10th&11th St) | 212-957-4996 | Gallery

Chelsea — Onishi Gallery
521 W 26th St (bet 10th & 11th Ave.) | 212-695-6035 | Gallery

Lower Mhn — Asian American Arts
26 Bowery 3rd Fl. (bet. Bayard & Pell St.) | 212-233-2154 | Gallery

Lower Mhn — gallery onetwentyeight
128 Rivington St. (bet. Essex & Norfolk) | 212-674-0244 | Gallery

OTHER

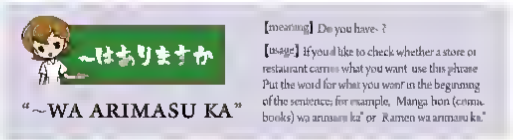
Upper West — Absolute Piano
1646 Park Ave (at 116th St.) | 212-987-6173 | Other Goods

Midtown West — Toho Shoji N.Y.
930 5th Ave. (bet. 36th & 37th Ave.) | 212-486-7465 | Jewelry Supply

Midtown East — Terry May
153 E 53rd St. (bet. Lexington & 3rd Ave.) | 212-888-0909 | Other Goods

Lower Mhn — Panero NY
513 Hudson St. (Christopher & W. 10th Sts.) | 212 727 2541 | Other Goods

Upstate — Mother Garden
Palisades Center Mall #303 West Nyack NY | 845-358-0100 | Other Goods


～はありますか
"～WA ARIMASU KA"
【meaning】 Do you have- ?
【usage】 If you'd like to check whether a store or restaurant carries what you want, use this phrase. Put the word for what you want in the beginning of the sentence; for example, Manga bon (comic books) wa arimasu ka" or "Ramen wa arimasu ka."

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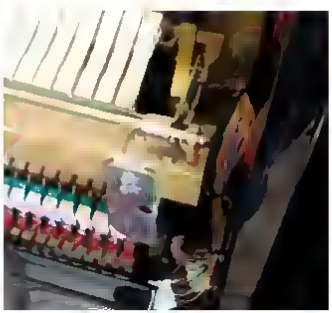
ADVERTISEMENT

The Silent Piano System: Music to Your (Not Your Neighbors') Ears

Have you ever dreamed of learning to play an instrument but worried about disturbing your neighbors? Or, worse, have your neighbor's late-night jam sessions kept you up at night? As any apartment-dweller knows, sound travels easily through the walls and floors of most New York City buildings. If you have the luxury of practicing during the day, you might get away with it, but it becomes riskier in the evening hours. If your instrument is the piano, however, a solution has arrived: the silent piano.

The "silent piano" was invented in Japan in the late 70s and introduced in America over twenty years ago, but it is only recently gaining attention here. Ms. Kaoru Muramatsu and Mr. Mark Ripatti are co-owners of Absolute Piano, located in East Harlem, and they offer both KAWAI and YAMAHA silent pianos imported from Japan, as well as custom installation of "silent systems" for existing pianos. When it gets too late to play acoustically, you simply flip a switch, put on your headphones, and the piano goes into digital mode. You are still playing your piano, but a strip comes down behind the piano's hammers to prevent them from hitting the strings. The sounds are created digitally, but each key on the piano is touch-sensitive, allowing the digital sound to correspond exactly to your playing. New Yorkers have long turned to the digital keyboard as an apartment-friendly alternative to the piano, but, as Mr. Ripatti points out, a keyboard does not have the same feel that a piano has. "For students, it's important to have the right feel, to be connected to the piano," says Mr. Ripatti, and he notes that the keyboard cannot replicate that connection. Many new pianos feature a damper pedal, which reduces the sound about 50 percent, but this might still be too loud for many living situations. The silent piano is the only solution that is both truly silent and lets you keep the feeling of playing a true piano.

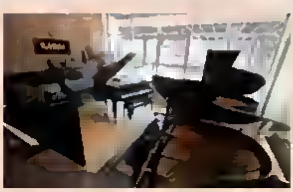


The silent system allows any piano to become digital at the flip of a switch. Here, we see some of the digital wiring. The custom installation of this system requires extreme precision.

Mr. Ripatti demonstrates the intricate mechanisms of a KAWAI piano. KAWAI is one of the most progressive piano manufacturers and is constantly innovating and improving the elements of its pianos.

Absolute Piano can install the silent system on your existing piano, allowing it to turn into a digital piano with the flip of a switch. The system and its installation cost $2,500 (this also includes return delivery of your piano to your apartment—you must pay for your piano to be delivered to Absolute Piano's showroom), and the installation takes between one and two weeks. Many customers are adults in their 40s and 50s who have taken up piano again and must practice at night when they come home from work. Mr. Ripatti recently sold a silent piano to a composer who lives on the Upper West Side and works late into the night (the silent piano can be connected to a computer, allowing composers to input notes directly). The silent piano system is also helpful for those with small children (and their accompanying early bedtimes) and for anyone who wishes to be a considerate neighbor or roommate.

Ms. Muramatsu is particularly interested in promoting the study of piano for children. She points out, "Music is a lifetime gift to the child—once you know how to play, you can play even when you are 80 years old." Now that there is the silent piano option, you or your children can feel the joy that comes through playing music—at any hour—and stay on good terms with your neighbors.



Absolute Piano, located at 1646 Park Ave. between 116th and 117th Streets, opened in 2005 and offers a full range of piano sales and service: sales (new and used), rental (long and short term), moving, tuning, repair, action regulation, and rebuilding/refinishing. Ms. Muramatsu, Mr. Ripatti and the store's in-house piano technician have over 50 combined years of piano experience, and Absolute Piano is highly regarded by professional musicians who have built the store's customer base via word of mouth.

1646 Park Ave., New York, NY 10035
(Steps away from 116th St. Station on the #6 line)
TEL. 212 987 6173
www.AbsolutePianoNY.com
Monday-Friday: 11am-6pm
E-mail: AbsolutePiano@aol.com for weekend or after-hours appointments

Japanese Book Ranking *(data provided by Kinokuniya Bookstore)*

DAN BROWN NABS PAPERBACK RANKING

HARDCOVER TOP 5 IN JAPAN (5/11-17)

	Book title	Author	Publisher
1	*Sekai Ichi no Bijo ni Naru Diet*	*Erica Angyal*	*Gentosha*
2	*Unmei no Hito vol.1*	*Toyoko Yamasaki*	*Bungei Shunju*
3	*Yomesaude Yomenai Machiga Yasu Kanji*	*Munekazu Deguchi*	*Futami Shobo*
4	*Taichi x Kentaro Danshigohan no Hon*	*Taichi Kokubun, Kentaro*	*Mr Cc, Kadokawa Group Publishing*
5	*Yuuki no Hou*	*Ryuho Okawa*	*Kofuku no Kagaku Shuppan*

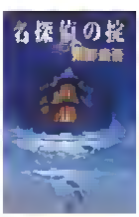
THE MONTHLY PICK

SEKAI ICHI NO BIJO NI NARU DIET
As the title suggests, "The Diet to become the most Beautiful Woman in the World", the book introduces how to become beautiful from the inside. Written by the official nutrition consultant for the Miss Universe Japan organization, who brought up many Japanese pageant winners including Riyo Mori, Miss Universe of 2007, the book tells you what to eat and how to eat to make your beauty shine. (Rank #1)

PAPERBACK TOP 5 IN JAPAN (5/11-17)

	Book title	Author	Publisher
1	*Tenshi to Akuma vol.1*	*Dan Brown*	*Kadokawa Shoten*
2	*Tenshi to Akuma vol.2*	*Dan Brown*	*Kadokawa Shoten*
3	*Tenshi to Akuma vol.3*	*Dan Brown*	*Kadokawa Shoten*
4	*Himawari no Sakanai Natsu*	*Shusuke Michio*	*Shinchosha*
5	*Meitantei no Okite*	*Keigo Higashino*	*Kodansha*

THE MONTHLY PICK



MEITANTEI NO OKITE
This is an anthology of short mysteries by the most popular writer in Japan today Keigo Higashino. Private detective Daigorou Tenkaichi solves unsolvable mysteries ranging from a murder behind locked doors to a case of time-table tricks to a murder set to the music of children's songs. Originally published in 1996, these stories were recently made into a TV series bringing the book back to top the rankings. (Rank #5)

PICKS FROM KINOKUNIYA NEW YORK (ENGLISH BOOKS)

POSTCARDS FROM TOMORROW SQUARE
BY JAMES FALLOWS
Since December 2006, the Atlantic Monthly's James Fallows has been writing some of the most discerning accounts of the economic and political transformation occurring in China. The twelve essays collected here cover a wide range of topics, from visionary tycoons and TV-battling entrepreneurs to environmental pollution and how China subsidizes the US economy.

OTAKU JAPAN'S DATABASE ANIMALS *BY HIROKI AZUMA*

Hiroki Azuma's 'Otaku' offers a critical inquiry into the characteristics and consequences of Otaku culture. For Azuma, one of Japan's leading public intellectuals, otaku culture mirrors the transformations of postwar Japanese society and the nature of human behavior in the postmodern era. He argues that the consumption behavior of otaku is representative of the postmodern consumption of culture in general.

event
entertainment
leisure

TRAVEL
MAKE IT TO THE TOP OF MT. FUJI

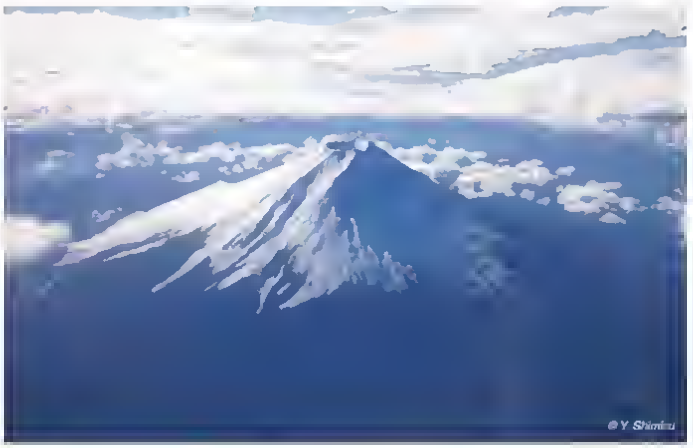
EVENT
JAPAN DAY @ CENTRAL PARK

ENTERTAINMENT: FILM
DEPARTURES

WHAT ON EARTH
KOROMOGAE

CALENDAR
EXHIBITION
PERFORMANCE
LECTURE / FORUM / FILM / FESTIVAL
EVENTS
HAPPENINGS

Make it to the Top of Mt. Fuji



Mt. Fuji is a unanimous icon of Japan for its elegant shape. The elevation is nothing surprising comparing to those in the Rockies, but since Mt. Fuji is an isolated mountain located in the rather flat land, the 12,388 feet (3,776 meters) seems very high. Still, the mountain's symmetric shape fits to the traditional Japanese sense of beauty that cherishes balance and harmony, and this mountain is one of the top summer destinations in the country as well.

THE HIGHEST MOUNTAIN

In spite of the highest elevation in the country, Mt. Fuji is relatively easy to climb, and the Associated Press reported that they marked a record number of 247,066 visitors to the mountain top in the official 2008 season. The mountain trail to the summit is opened to the public only from July 1 through August 31, and the hillsides are divided into ten levels, each of which is marked as a station, and 19 huts serve hikers accommodation and meals. During the season, buses and cars are allowed up to the fifth station. The real hike starts above the fifth. The hillside spread of Mt. Fuji opens the trails to the summit in four routes, each of which has different characteristics and hiking levels.

Yoshida-guchi Trail

The most popular trail starts from the fifth station at 7,562 feet high, and it takes about 6 hours to the top passing 18 huts.

Access from Tokyo: Take JR Chuo Line to Otsuki Station, and switch to Fuji Kyuko Line to Fuji Yoshida Station, which is only a few blocks from Yoshida-guchi Tozando (Yoshida guchi trail entrance).

You can receive more information in English at Fuji-Yoshida Tourist Information Service at this sign next to the station.

Gotemba-guchi Trail

This trail takes the longest time to the summit since the fifth station is at the lowest elevation (4,724 feet). However, the access from the Tokyo area is still very easy. JR Gotemba Line takes you to the closest train station to this trail entrance, Gotemba station, and a bus takes you another 45 minutes to the fifth station of the trail. The trail traverses on layers of volcanic ash, sand and pebbles that may catch your step, however, the panoramic view of Gotemba City is fascinating.

Access from Tokyo: Take Odakyu Line Express from Shinjuku to Shin-Matsuda, then switch to JR Gotemba Line to Gotemba Station.

Subashiri-guchi Trail

For those who'd like an easier hike to the summit from Gotemba Station, take the bus for 30 minutes to the Subashiri-guchi trail entrance. There is even another bus that goes up to the fifth station, but this trail is easy enough for children and senior hikers. Sengen Shrine stands still with 65 feet cedar trees at the trail entrance, guarding everybody passing the trail to the highest summit point. Past the fifth station on this trail is Sho-Fuji (Small Fuji) at the elevation of 6,233 feet, with a stunning view of Mt. Fuji and a few lakes at the bottom.

Fujinomiya-guchi Trail

The bus ride from the closest train station seems a little long, 2.5 hours. But this is because the beginning of this trail is at the highest elevation among all four (7,874 feet). The bus runs from Mishima station of the JR Line to Fujinomiya trail entrance.

Access from Tokyo: To Mishima station, take JR Tokaido-Honsen Line from Tokyo.

AT THE SUMMIT:

Most climb overnight to see the sunrise from the summit of this world famous mountain. Some regular hikers to Mt. Fuji say that the sunrise from the top is not particularly picture perfect. The sunrise looks much better from lower elevations, but what is special on the summit is the dawn at the highest point in the country after such a great accomplishment.

The top of Mt. Fuji is a flat crater. After the sunrise, a lot of people walk around the rim of the crater, which takes 80 to 90 minutes. The view from the rim is also magnificent with other mountain ranges when the air is clear. However, hikers should pay caution to

the weather conditions on the summit because the rim walk is not recommended in a strong wind

— *Nori Akashi* Public Relations Manager at the New York Office of JNTO

For more detailed information about Mt. Fuji climbing, go to http://www.jnto.go.jp/eng/indepth/featuredarticles/mtfuji/fuji_05.html

There are hiking tours to Mt. Fuji during the season as well. Go to the tour information and registration links at: http://www.japantravelinfo.com/news/news_item.php?newsid=91

Japan National Tourism Organization
New York Office

One Rockefeller Plaza Suite 1250 New York, NY 10020
TEL 212-757-5640 www.japantravelinfo.com

Mt. Fuji's "Ten Commandments"

Compared to other tall mountains in Japan, Mt. Fuji is rather easy and appropriate for casual hikers. However, Mother Nature can be tough with weather. Mt. Fuji should never be taken too casually, and always be prepared for descent mountaineering as follows.

1) Secure enough time for ascending and descending. A safe time estimation is 6 hours for ascending and 4 hours for descending.

2) Altitude sickness and light injuries are very common afflictions if pushing yourself too hard.

3) Get enough rest and nutrition before climbing, and take breaks along the way and at the peak. Pack light. You will be happy that your load is light as you ascend more.

4) A summer day at the base town is a winter day at the peak, the temperature at the peak during the season is below 42 degrees Fahrenheit, and rain, wind and sudden snowfall can lower the temperature at any time.

5) Be prepared for weather changes. Layered clothing is crucial with tee shirts, sweaters, heavy jackets and rain jackets.

6) Wear the right shoes for mountain climbing. Hiking boots or comfortable walking shoes are important.

7) When climbing at night, pack a flashlight and some drinking water. Food is available to purchase at some huts, but it is always nice to keep your own food available.

8) Huts are open throughout the season, but it is recommended to make a reservation if you plan to stay. The huts are not large and they have to accommodate as many people as possible and you may be asked to share a room with others.

9) Litter is a very serious problem in recent years in Mt. Fuji. Be responsible for your own trash by carrying garbage bags. Carry out whatever you carry in. Simple makeshift bathrooms are available along the trail.

10) Use only designated trails. Climbing sticks can be helpful, and sticks are sold at some places along the trail.

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JAPAN DAY @ CENTRAL PARK

CENTRAL PARK WILL BLOSSOM INTO A JAPANESE VILLAGE ON MAY 31ST (SUN)

Showcasing traditional and modern performances, cultural demonstrations, food tasting, etc , Japan Day @ Central Park is full of family-friendly activities. This year, the one-day annual event will even be bigger than last year, which drew about 40,000 participants. On May 31st, Central Park's East Meadow will be transformed into a Japanese Village. Experience the sights, sounds and tastes of Japan

For more information, go to www.japandaynyc.org

PROGRAM HIGHLIGHTS

Japan Day @ Central Park kicks off with the Japan Run, a four-mile race at 8am and Kid's Run at 9:30am. At 10am, the public is invited to visit tents with activities. The stage show begins at 10:15am

PART 1: JAPAN RUN

8am Japan Run: 4 mile race followed by award ceremony and raffle
9:30am Kid's Run

PART 2: JAPAN DAY FESTIVAL

10am-5pm
@East Meadow – Main Entrance at 97th St. & 5th Ave

Japan Run starts at 8 am with a special guest runner, Yoko Shibui

COBU shows energetic performance combining elements of Japanese traditional taiko drumming with rhythmic tap dancing

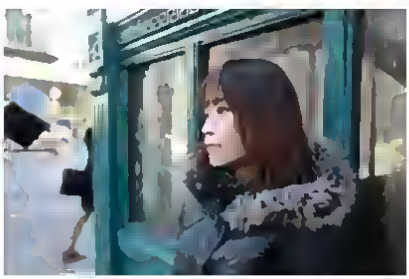
PERFORMANCE STAGE TIMELINE

HOSTED BY SANDRA ENDO / SUB-HOSTED BY BRIAN NISHII
10:15AM TO 12PM: ACT ONE – COOL JAPAN

- *Taiko (Japanese Drums) and Dance by COBU*
- *Shamisen (Japanese Banjo) and Keyboard by Umami NYC*
- *Chorus by The Japanese American Association of New York Chorus and The Reona Ito Chamber Orchestra*
- *Dance by Kenichi Ebina*
- *Cosplay Combat by KRAZY! Cosplayaz*
- *Chin-don Band by Chin-don Band☆Zakuro (Special Guest: Joey Morant)*

12:30PM TO 1:45PM: ACT TWO – TRADITIONAL JAPAN

- *Karate Performance by The International Karate Organization Kyokushinkaikan*
- *Mikoshi Parade*
- *Bon-Odon by NY HANAGASA KAI (Taiko by Ayumi Oikawa)*



Singer song writer and J-pop star Ai Kawashima will sing songs from her awaited new album "it's OK."

2:30PM-4:45PM: ACT THREE – CONCERT

- *Solo Guitar: Soichi Muraji*
- *Violin, Guitar, Percussion Band: Taro Masuda*
- *Jazz Band: Yaz Band*
- *J Pop Singer: Ai Kawashima*
- *Japanese music duo: orange pekoe*

Mikoshi Parade is a traditional Japanese festival event. The portable shrine will be carried by approximately fifty people.

Popular Japanese music duo, orange pekoe, will join the event from Japan with their new album "mangold."

CHARITY FOR CHERRY BLOSSOM PLANTING PROJECT

As a token of their gratitude, Japan Day will accept donations which go to Central Park Conservancy for the care and planting of cherry trees around the Central Park Reservoir. The person, who contributes more than $20 donation, will receive either one of the following items,
1. CD "mangold," official image song of Japan Day performed by orange pekoe
2. CD "It's OK," official image song of Japan Day performed by Ai Kawashima
3. Japan Day original T-shirts or tote bag designed by Keisuke Takahashi

Japan Day original wrist band will be given for those who donate $3 and less than $20

Exhibition

June 2 –15 FREE
The Exhibition of Mio Ueno "Unconventional Love"
The Nippon Gallery

Ueno, one of the most up and coming artists of Japanese painting, suffered a severe illness in early childhood, which influenced her to devote herself to search for the brilliance and preciousness of human life and coexistence with nature. For her, wilting sunflowers provide a perfect metaphor for this. At the exhibition, 17 large pieces infused with her love and spirit will be on display including "Sunflowers" and her latest painting "Dragon Gods" which is depicted as a symbol of the universe.
Location: 145 W 57th St, (bet. 6th & 7th Aves.)
New York, NY 10019
TEL: 212-581-2223 / www.nipponclub.org

Through June 21 FREE
Solo Exhibition by Yuki Itoda
KUMUKUMU Gallery
Marking his solo debut in the United States, Itoda will exhibit a diverse selection of paintings, collages, and drawings on paper. Made of acrylic, oil, spray paint and neon, Itoda's works bustle with the energy of the artist's hand. With their saturated colors and energetic brushstrokes, many of Itoda's distorted, gestural portraits contain elements of both Abstract Expressionism and contemporary animation.
Location: 42 Rivington St. (bet. Eldridge & Forsyth Sts.)
New York, NY 10002
TEL: 212 677-5168
www.kumukumugallery.com

June 18-24 FREE
Ohnen Toriyama Photography Exhibition--"Statues of Buddha in Japan"
The Nippon Gallery
Ohnen Toriyama, priest of the Jodo Shu Seizan Eukakusa Sect, is also a recognized photographer who received numerous awards. The ultimate beauty he has been pursuing for a prolonged time and finally reached, was in the sacred statues of Buddha. Since then, he has been taking photos of Statues of Buddha for more than 20 years. The photos presented in the exhibition are of Buddha statues made during the Kamakura and Muromachi Eras (1200 - 1500). The 53 pieces of photos will be on display.
Location: 145 W 57th St, (bet. 6th & 7th Aves.), New York, NY 10019
TEL: 212-581-2223 / www.nipponclub.org

Through June 27 FREE
Pure White, Clear Blue, Luminous Red—Ceramics by Park Young Sook
Ippodo Gallery
Ippodo Gallery presents the works of a Korean female ceramicist, Park Young Sook. She once created an English-style tea set for Queen Elizabeth II of England, and now in 2009, she is presenting tea wares that draw on Japanese tradition. Ippodo gallery's exhibit is the world premier of her new style of Japanese tea utensil. This exhibition highlights her latest experiments with color. Ms. Park's works feature Shinsha, a deep vermillion which many other ceramic masters have sought, but failed to achieve.
Location: 521 W. 26th. (bet. 10th & 11th Sts.), New York, NY 10001
TEL: 212-967-4899
www.ippodogallery.com

Through June 27 FREE
The Recent Works of Yayoi Kusama
Gagosian Gallery
To celebrate Yayoi Kusama's eightieth year, Gagosian Gallery presents an exhibition of her recent works. For this exhibition, Kusama has conceived some astonishing new works, such as Aftermath of Obliteration of Eternity (2009), a mesmerizing "infinity room" that operates on a system of simple, yet ingenious optical devices. Titles of recent figurative paintings reflect a preoccupation with mortality, as well as with enlightenment, solitude, nothingness, and the mysteries of the physical and metaphysical universe.
Location: 555 W. 24th St., (bet. 10th & 11th Aves.)
New York, NY 10011
TEL: 212-741-1111 / www.gagosian.com

Performance

May 30, June 6, 13, 20, and 27
Sham-sen Live on Saturdays at "Wafu Chuka" Restaurant
Saburi
Saburi, serving unique "wafu chuka" (Japanese style Chinese), is now hosting the performance of Japanese shamisen (three string Japanese banjo) player, Yukio Koma. On Saturdays until the end of June, he plays popular Japanese songs as well as Western songs in the restaurant. The session starts at 8pm and 10pm. No cover charge.
Location: 168 Lexington Ave. (bet. 30th & 31st Sts.)
New York, NY 10016
TEL: 212-481-7766 / www.saburinyc.com/

Lecture/Forum/ Film/Festival

June 6, 13, 18, and 27 FREE
Free Screening at the Sony Wonder Technology Lab

Sony Wonder Technology Lab (SWTL)

SWTL a four-story interactive technology and entertainment museum for all ages, located in mid-town Manhattan, presents a free afternoon feature screening in the 73-seat, High Definition cinema. The tides include *Winged Migration* and *Ghostbusters* for general public, and *Dora the Explorer* and *Elmo and Zoe's Scientific Exploration* for children. For screening schedule go to their website www sonywondertechlab com Reservations can be made beginning the Monday of the week when a screening is scheduled by calling the Events RSVP Line at 212-833-7858

Location: 550 Madison Ave. (at 56th St.), New York, NY 10022
www.sonywondertechlab.com

June 14

Salon Series No 35--Body Discipline and Healing Arts

Sachiyo Ito and Company

Salon Series by Sachiyo Ito & Company provides informative and educational lertures demonstrations and performances on the performing arts in Japan In this 35th series they will present "Body Dislpline and Healing Arts " The breath stance, alignment, use of energy centering and balancing of body and mind from the view point of dance and the healing arts will be discussed and co-demonstiated by Wataru Ohashi and Sachiyo Ito Wataru Ohashi is the founder of Ohashiatsu- the healing touch based on eastern methods and philosophy Okinawan dances such as Me nu-hama, and an excerpt from Nuha-bushi will be performed by Sachiyo Ito to illustrate the above demonstiations The event starts at 3pm

Location: Tenri Cultural Institute, 43 A W 13th St. (bet 5th & 6th Aves.), New York, NY 10011
TEL. 212-627-0265 (Sachiyo Ito & Company)
www.dancejapan.com

June 19-July 5

The New York Asian Film Festival

Subway Cinema

The 8th annual New York Asian Film Festival is once again showcasing a tour de force of some of the very best Asian films from 2008! Highlights this year include *20th Century Boys* a film based on a best-selling manga arthouse director Ryosuke Hashiguchi's, *All Around Us*; Sion Sono s four hour long opus *Love Exposure*. The star and director of *Love Exposure*, and action stuntman, choreographer Tak Sakaguchi (*Versus, Azumi*) will also make a special guest appearance. The festival runs from June 19 - July 2 at IFC Center and July 1 - 5 at Japan Society, and be sure to check out their website for more exciting announcements.

Location: IFC Center (323 Avenue of the Americas, New York, NY 10014)
Japan Society (333 E. 47th St., New York, NY 10017)
www.subwaycinema.com

July 7, 14, 21, and 28

Summer Workshop Special--4 Master Classes in Okinawan Dance With Sachiyo Ito

Pan Asian

Okinawa known as the island of music and songs is the cross road of cultures of Southeast Asia Participants will learn Okinawan court dance male dance with Karate based movements women's dance with graceful hand gestures often compared to other Asian dances, and different aspects with traditional Japanese theater forms of Noh and Kabuki The class takes place on Tuesdays in July at 6pm

Location: 520 8th Ave (36th & 37th Sts), New York, NY 10018
TEL. 212-868-4030 (Pan Asian) / info@panasianrep.org

Events

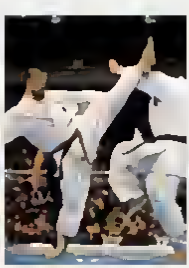
Event Feature

June 20

The 2009 All American Open Karate Championships

The International Karate Organization Kyokushinkaikan

On Saturday, June 20 the International Karate Organization (IKO) Kyokushinkaikan will host the 2009 All American Open International Karate Championships in New York City Legendary karate master Mas Oyama (1923-1994) through the IKO Kyokushinkaikan developed a worldwide amateur karate tournament that seeks to promote the athlete to the best of their natural ability, in a moving and inspirational environment that ultimately challenges the human spirit. Each year, this event has consistently drawn national attention from would-be competitors fans and sports enthusiasts from around the NYC Metropolitan area and all over the United States Consistently featuring some of the best competitors in the world including National, International and World Champions as well as the top male & female fighters from the USA, Canada, Central and South America and around the globe, the All American Open in New York City has become the most celebrated full-contact karate competition on the continent



Location: Hunter College Sportsplex
68th St. & Lexington Ave., New York, NY 10021
Info. The International Karate Organization Kyokushinkaikan, Kyokushin Karate New York
284 Fifth Ave , 2nd Fl., New York, NY 10001
TEL. (212) 947-3334
http://www.kyokushinkarate.com

May 25-30 FREE

Japan Brand Pop-Up Shop

Felissimo Design House

This two-week retail shop features artisan-crafted products from Japan, with a focus on regional spirit and practical beauty Items for sale include textiles glassware ceramics, cast-iron cookware and incense Open from 11am-6pm Email chopsticks@felissimo com to receive information on a public events program

Location: 10 W 56th St. (bet 5th & 6th Aves.), New York, NY 10019
TEL. 212-956-4438 / chopsticks@felissimo com
www.felissimo.com / www.japanbrand.net/english/index.html

May 30 FREE

Sake Tasting Event

Nishimoto Trading Co., Ltd.

Nishimoto Trading Co is bringing this year's special sake tasting event into the heart of Tribeca! More than 80 brands from the world's finest sake and shochu distillers will be on display, as well as a variety of new and exciting flavors. Professional's only and advanced registration is required You must be at least 21 years of age or older to attend this event.

Location: Megu Japanese Restaurant
62 Thomas St. (bet W. Broadway & Church St.), New York, NY 10013
TEL. 201-804-1600

nishimotosake2009@gmail.com / www.megumyc.com

Through May 30
Japanese Wooden Clogs Lecture, Exhibition and Sales Event
Kuroda Shoten

Kuroda Shoten, a Japan-based prestigious footwear store which produces Japanese traditional wooden clogs, will exhibit their products and give lectures in New York at Kiteya until May 28, and at Kinokuniya Bookstore May 29 and 30. They will also give a lecture from 3-4pm on May 26th and 27th, about the appeal and effect of Kuroda's wooden clogs explaining how these clogs correct hallux valgus symptoms. Products can be purchased during this event. For the lecture, reservation by phone is recommended.
Location:
Kiteya (May 27-28)
464 Broome St., New York, NY 10013
TEL. 212-219-7505
Kinokuniya Bookstore / NY Main Store (May 29, 30)
1073 Avenue of the Americas, New York, NY 10018
TEL. 212-869-1700

June 9
Spring Info Forum for Moms "Natural Remedies"
New York City Nihongo de Asobo (NYCNDA)
This hands-on event is a part of NYCNDA's Spring Info Forum for moms and this time, they will feature "Natural Remedies." Participants learn how to make 3 useful, natural products that are safe for the whole family, and take them home! Hosted by Hiroko Takashima, BS in Herbal Science. NYCNDA staff will be on hand to help watch children during the Forum. Forum will be held in English and Japanese and it costs $20 per person.
Location: 156 2nd Ave, #1A, New York, NY 10003
TEL. 646-334-7426
info@nycnda.com / www.nycnda.com

June 11-14
Four Days of Gastronomy Extravaganza Japanese Local Food Fair
Mitsuwa Marketplace

Mitsuwa Marketplace will hold a big food fair bringing select local delicacies from all over Japan. The feature foods include popular casual food in Japan takoyaki and ramen. In the special exhibition space you can enjoy watching on-site cooking demonstrations of takoyaki, ramen, kani-hani (crab meat inari zushi), maki-dora (roll cake with red bean paste), and fish cakes. Don't miss this four-day extravaganza of Japanese local foods.
Location: 595 River Rd., Edgewater, NJ 07020
TEL: 201-941-9113
newjersey@mitsuwa.com

June 25 & 26
All-You-Can-Eat Event Introducing New Summer Sweets
Dessert Café LUXEE
Dessert Café LUXEE serves seasonal sweets and are introducing new sweets for the summer season begining in June. Celebrating this, customers can enjoy the new sweets as much as they want for $20. There are three time slots (6/25 from 7pm, 6/24 from 12-2pm and from 7pm) you can enjoy this special offer and seat is limited to 24 people each. During this all-you-can-eat event, their chef will make crepes suzette right before your eyes. Reservation required. If you mention "Chopsticks NY" upon making a reservation, you can receive a $5 discount.
Location: 6 Clinton St. (bet. E. Houston & Stanton Sts.)
New York, NY 10002
TEL. 212-375-1796
www.luxeenyc.com

Happenings

New Anti-Aging Products to Help Cleanse Your Skin
Dr. CiLabo
Cosmetic Dermatologists Dr. Ci Labo recently introduced two new cleansing products to their cosmetic line, the Super Cleansing EX and the Super Washing Foam EX. The Super Cleansing EX is a gel that removes make up while improving blood circulation of the skin to help reverse the signs of aging, and the Super Washing Foam EX is a face washing foam that moisturizes and removes any impurities in the skin, also helping to improve any signs of aging on your face. Both products are readily available at Takashimaya New York.
Location: Takashimaya New York
693 5th Ave. New York, NY 10022
TEL. 212-350-0177

Immerse into Japanese! Summer Program for Kids
New York City Nihongo de Asobo (NYCNDA)
From 9:30am to 3:30pm on Tuesdays and Thursdays between June 16 and July 16, NYCNDA is offering a limited Summer Program for kids and allowing them to immerse into Japanese. Full day program includes a Japanese home cooked family meal, snacks, quiet/nap time and time at the playground. The program is intended for ages 3-6 years. The fee for all 10 days is $750, or $425 for 5 days. They have also started an afternoon Japanese playgroup (3-5:30pm) on Thursdays. First time trial for

Event Feature

June 5-7

Sencha Green Tea Filling Event

Otsuka Green Tea Co.

Otsuka Green Tea, known for their premium Japanese green tea, is a family owned business established 140 years ago in the Shizouka Prefecture of Japan. To celebrate their New York launch, Otsuka Green Tea will hold a fun Sencha Tea Filling Event at Sunrise Mart SoHo from June 5 thru 7. For $19.99/per can, you can watch as tea experts try to fill and pack in as many fresh tealeaves as they can into your own container! Also, 3 other different kinds of Otsuka's exclusive tealeaves are already available in New York: Super Sencha, Shizouka Sencha and Genmaicha. Don't miss this rare opportunity to experience a fun tea filling event and the chance to purchase high quality tealeaves shipped directly from Japan.
Location: Sunrise Mart SoHo Store
494 Broome St. (bet. W. Broadway & Wooster St.)
New York, NY 10013
TEL. 212-219-0099

this after school Japanese playgroup costs only $20
Location: 156 2nd Ave, #1A, New York, NY 10003
TEL: 646-334-7426
info@nyendo.com
www.nyendo.com

Alternative Therapy Discount for Chopsticks NY First Timers

Fabylous Living

Fabylous Living offers a wide variety of healthy, alternative treatments, such as an effective colon hydrotherapy method that eliminates constipation and other digestive problems, and also shiatsu, reiki, lymphatic drainage, and ear candle treatments. Until the end of June they are now offering an exclusive 10% discount to all Chopsticks NY readers who are first time visitors! Take advantage of this special discount and get started on the road towards a healthier lifestyle with great results.
Location: Fabylous Living
145 W 28th St., 9th Fl. (bet. 6th & 7th Aves.)
New York, NY 10001
TEL: 212-279-0558 / www.fabyloustiving.net

Pre-Order Curry Delivery Service

Go! Go! CURRY

For a limited time only, Go! Go! CURRY is offering a special delivery service that stretches beyond their neighborhood limit from May 5 through June 15. One delivery area is between 34th and 42nd Sts. (bet. 9th and 5th Aves.), and is available from 12:45pm to 3:00pm, and the other delivery area between 40th and 55th Sts. (bet. 3rd and 5th Aves.), is available from 12pm to 12:30pm. Just call, fax, or fill out their online form and place a minimum of $15 per order! For more details, please check their website.
Location: 273 W. 38th St. (bet. 7th & 8th Aves.)
New York, NY 10018
TEL: 212-730-5555 / www.gogocurryusa.com

Spring Beauty Promotion for Preparing for Summer

Moonflower Spa

Moonflower Spa cordially offers a special beauty program, not included on the regular menu at a discount price. Flawless Complexion Facial (60min. $85) helps clarify your skin and achieve a flawless complexion! Multi Vitamin Facial (60min. $85) keeps skin tone clear and helps reduce acne, and smooth your skin surface. Green Tea Facial (60min. $85) improves your skin texture, lifts sagging skin and calms irritation and inflammation. Also, you can add eye mask service to the Moonflower Signature Facial (60min. $75). For body, there is Multi Vitamin Back Treatment (40min. $85) that clarifies your back skin tone, helps reduce acne, and smooth the skin surface. You can always add an extraction ($20 and up) to the above treatments. Brighten up your skin and get ready for summer.
Location: 8 E. 41st St., 3rd Fl. (bet. 5th & Madison Aves.)
New York, NY 10017
TEL: 212-683-8729 / www.moonflowerspa.com

In-Store Events in June

Kinokuniya Bookstore

On June 1, a special display featuring Saotome Taiichi will run through June 30. On June 11, the Origami & Craft Fair begins and there will also be a display of origami and craft related items. On June 13, Lyceum Kennedy High School will host their monthly O-Hanashi Kai and on June 14, Fumiko & Friends will host their own monthly O-Hanashi Kai. On June 20, author Ayako Brodek will demonstrate how to make necklaces with origami that you can wear as she promotes her book 'Origami Jewelry'. Anime/Manga events are also planned in June (TBA).
Location: 1073 Ave. of the Americas (bet. 40th & 41st St.)
New York, NY 10018
TEL: 212-869-1700
www.kinokuniya.com

20% Discount for Any Clothing Item for Chopsticks NY Readers

Madame-Killer

Dealing with about 20 J-clothing brands, Lower East Side's popular select shop owned by Japanese buyer Nichi Kashihara, Madame Killer has just relocated to the Soho area. Celebrating this, they're having a 20% discount sale exclusively for Chopsticks NY readers until June 14. The brands sold include Moussy, MURUA, Spiral Girl, Hysteric Glamour, SABIT and DOUBLE STANDARD.
396 Broome St. (bet. Lafayette & Mulberry Sts.)
New York, NY 10013
TEL: 212-505-9392
www.madamekiller.com

Happenings Feature

7 Premium Shochu Achieved the Highest Awards in Monde Selection 2009

Kyoya Shuzo

Kyoya Shuzo, distillery producing premium shochu and liquor, brought their shochu to the 47th Monde Selection, the esteemed food & drink fair, and all of the seven entries got awarded either Grand Gold Medal or Gold Medal. This is an outstanding achievement. Grand Gold went to Kappa no Sasoi-mizu Heihachiro, and Sora & Kaze & Daichi, and Gold went to Kameshizuku, Kankyou Kanro, Samurai Dance Green Label and Jidaigura Mugibue. Kappa no Sasoi-mizu especially has won the highest prizes four years in a row. Most of the Kyoya Shuzo's shochu are widely enjoyed in the US, Europe, and Asian countries.

Info: www.kyo-ya.com / www.ovalone.com

Happenings Feature

Documentary CAMPAIGN by Japanese Filmmaker Got Peabody Award

Kazuhiro Soda

New York based Japanese filmmaker Kazuhiro Soda's observation film CAMPAIGN received a prestigious Peabody Award, one of the highest honors in the broadcasting industry, along with 35 other recipients, and the awards ceremony was held on May 18 at the Waldorf-Astoria in New York. CAMPAIGN is a revealing sometimes painfully funny documentary observing the ragged political campaign of a naif handpicked and backed by Japan's ruling Liberal Democratic Party. Other recipients include Lost (AFC), NBC Coverage of 2008 Beijing Olympics Opening Ceremony and Zhang Yimou (NBC), Coverage of 2008 Presidential Primary Campaigns and Debates (CNN), The Gates (HBO) by Albert Maysles, and CBS News 60 Minutes: Lifeline (CBS).
www.laboratoryx.us/campaign
http://documentary-campaign.blogspot.com

Photo courtesy of Kiyoko Kashiwagi

Get Your Hair Geared for Summer --20% Discount for First Timers

Yo-C Salon

Japanese hair salon led by Yoshihide Yonezawa Yo-C Salon offers 20% discount for first time visitors This offer is applied to any service except combinations (cut & perm, cut & color) and student cut. Regular customers receive a 10% discount for an additional visit within 3 months

Location: 225 E 5th St (bet 2nd & 3rd Aves.)
New York, NY 10003
TEL 212-529-0355 / www.yo-csalon.com

Special Yukata Lesson at D scount Price for Chopsticks NY Readers

Kiteya

This summer Kiteya is offering a special private yukata (summer kimono) lesson from June 1 to the end of August During the 90 minute long lesson, you will be able to learn how to dress and wear a yukata all by yourself They are also offering a special lesson price of $30/per person for Chopsticks NY Readers Up to two people are welcomed to take the lesson together For those who don't own yukata, they provide materials for the lesson Please ask in advance if your size is available upon making reservations

Location: 464 Broome St (bet Mercer & Greene Sts.)
New York, New York 10013
TEL 212-219-7505 / www.kiteyany.com

Dinner 20% Off for Chopsticks NY Readers

For Chopsticks NY readers, 6 Thai cuisine restaurants in midtown Manhattan cordially offer a 20% discount during dinnertime. Bring the ad on page 31 in Chopsticks NY to redeem this discount. Also, during their Happy Hour from 4pm to 7pm, you can enjoy beer, sake, wine and cocktails at half price.

Thai Select
472 9th Ave. (bet 36th & 37th Sts.) / TEL 212-695-9920
Arolack Thai
530 9th Ave. (bet. 39th & 40th Sts.) / TEL 212-594-7083
AURA Thai
462 9th Ave (bet 35th & 36th Sts.) / TEL 212-971-8530
Q2 Thai
768 9th Ave (bet 52nd & 53rd Sts.) / TEL 212-262-2236
Thai Chu-Ya
233 9th Ave. (bet 24th & 25th Sts.) / TEL 212-488-2170
Hang 2 Thai Bistro
752 10th Ave. (bet 51st & 52nd Sts.) / TEL 212-765-7800

Free Lesson Gift Coupon etc --Absolute Piano June Promotion

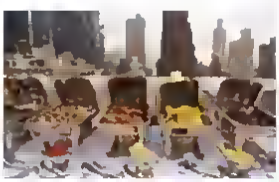
Absolute Piano

Customers who buy a piano in June receive either one free sample piano lesson or a $30 gift coupon for sheet music off Also Chopsticks NY readers can get a 10% discount 10-week summer piano lessons (June 29 to September 4), which regularly costs $250 To apply, email to absolutepianony@aol.com, and mention Chopsticks NY to redeem this discount.

1646 Park Ave., (bet 116th & 117th Sts.) New York, NY 10035
TEL 212-987-6173 / www.absolutepianony.com

Special BBQ Rooftop Banquet with a Scenic View

The Kitano Hotel



This summer, The Kitano Hotel is offering a special BBQ menu for private and exclusively catered occasions From Memorial Day thru Labor Day your party will be able to enjoy Kitano's set menu, which includes Rooftop BBQ burgers and The Manhattan Clam Bake on top of the hotel roof high above Murray Hills, and overlooking Manhattans beautiful city landmarks Please call for more information and reservations

Location: 66 Park Ave (at E. 38th St.)
New York, NY 10016
TEL 212 885-7188 / www.kitano.com / nozomis@kitano.com

Sign Up for a Jewelry Making Class and Get a $10 Gift Certificate

Toho Shoji (New York) Inc.

The largest jewelry supplier, Toho Shoji offers jewelry making classes for beginners to professionals Until the end of June, a person signing up for the class for the first time will receive a $10 gift certificate. Various classes are offered Private, group, open practical tip classes, and customized classes They have sample necklace bracelet, earrings etc, that students can choose to make before starting their lesson All materials can be obtained at Toho Shoji Depending on the design, the cost of materials and the class fee may vary

990 Avenue of the Americas (bet. 36th & 37th Sts.)
New York, NY 10018
TEL 212 868 7465
tohoshojinyinc@nyc.rr.com / www.tohoshoji-ny.com

New Lunch Hours and Complimentary Drink for Chopsticks NY Readers

Soba Koh

Soba restaurant, located in the East Village Soba Koh, is now open for lunch seven days a week with new set lunch menu that include various don bun dishes come with soba for $11 50 $14 50 Also, from 5 30pm to 7pm they are offering a daily early bird set menu ($19 50) From May 29 thru June 21, a complimentary drink (choice of wine, sake draft beer, or soft drink) will be served to all Chopsticks NY readers, so don't forget to mention the magazine

Soba Koh
369 E. 5th St (bet. 2nd & 1st Aves.), New York, NY 10003
TEL 212 254 2244

Free Bridal Hair & Makeup Consultation and Try-out

Tomoko Shima Hair Salon

June is the month for weddings! Japanese beauty salon on the Upper East Side, Tomoko Shima Salon, offers free wedding hair & makeup consultation and 30 min quick trial during the month of June. Usually their try out service costs $70 for hair (60 min.) and $140 for hair & makeup (120 min.) For detail information, call or email the salon This offer is for Chopsticks NY readers only, so don't forget to mention Chopsticks NY when you reserve the session

171 E. 92nd St. (bet. 3rd & Lexington Aves.)

Happenings Feature

The Alliance with Friends of the United Nations Asia-Pacific (FOUNAP)

Kinki Nippon Tourist

Kinki Nippon Tourist (KNT), also known as Kintetsu International, and Friends of the United Nations Asia-Pacific (FOUNAP) a nonprofit organization certified by the United Nations, signed to form an alliance on April 23rd KNT aims to contribute to better exchange and understanding on a global level and conservation of environment and historical landmarks as well as establishing a peaceful and sustainable society through this partnership. KNT is the first travel agency to establish an alliance with the organization under the United Nations.

New York, NY 10128
TEL. 212 722-8828
info@tamekoshima.com
www.tamekoshima.com

New HI-CHEW Flavor
Morinaga America, Inc.
Hi Chew, a Japanese fruit flavored candy well known for its unique texture and softness, has added a new mellow Melon flavor to go along with their already huge selection of strawberry, green apple, mango, lemon and orange flavors. Hi-CHEW candies are available at most major convenient stores and Japanese grocery specialty stores near you
www.hi-chew.com

Get 9 Packages of Diet Cookies with a Purchase of 1 Box
Kenkou USA, Inc.
The Soypal Cookies produced and distributed by Kenkou USA are the necessary tools for the "soymilk cookie diet" which is extremely popular in Japan. They are having a campaign offering 9 packages of soypal cookies for free when you purchase 1 box (9 packages for $49), which is equivalent to 50% off. The 9 packages include all three flavors: original, sesame, and chocolate. Mention Chopsticks NY or type code CS5 to redeem this special offer when you order the product over the phone or online. Kenkou USA also offers other special discounts. For details, check their website.
Location: 3480 Torrance Blvd., Suite 221, Torrance, CA 90503
TEL. 1-888-769-6569
www.soypal.com

An Eastern Medicine Check Up For Your Body
Ido Holistic Center

Analyzing health conditions from the Eastern medicinal point of view opens a whole new horizon to approaching your own body. Ido Holistic Center provides a check up and consultation service from the Eastern herbal medicine viewpoint. Also called "kampo" Eastern herbal medicine is effective for physical and mental problems unique to females such as PMS, menopause, fibroid, sterility and is helpful for migraines, allergy and constipation as well. Until the end of May, they are offering a 30-minute check up and consultation session for $20 (reg. $80). Along with the check up, they will advise you on your diet-plan and make suggestions for lifestyle improvement. You may purchase the herbal medicine they suggest on-site
9 E. 45th St., BFI (bet. 5th & Madison Aves.)
New York, NY 10017
TEL. 212-599-5300 / www.herbjapan.com

Relocation Promotion: 10% Discount Campaign for New Clients for Electrolysis
New York Electrolysis Office
Specializing in permanent hair removal, New York Electrolysis Office has now relocated to a new office in the Flatiron District starting on June 1st. To commemorate the move, they are offering a 10% discount for first timers who come in on weekdays before 5pm until the end of June. Session rates are 15min. for $50, 30min. for $70, 45min. for $90 and 60min. for $105. Call or email for a free consultation and be sure to mention Chopsticks NY to receive this special discount.
Office relocated in June. New location to be announced. Please call or email to: NYElectrolysis@gmail.com to inquire.
TEL. 917-210-4388 / www.electrolysisny.com

Happenings Feature

Educational Tofu Demonstration

House Foods and The Gohan Society

House Foods and The Gohan Society celebrated National Soy Foods Month with an educational culinary demonstration hosted by Executive Chef of Park Avenue Spring and Quality Meats, Craig Koketsu on April 20. Chef Koketsu challenged the audience of culinary students, professional chef's, and the press to think outside of the box and presented innovative recipes and culinary tips when cooking with Tofu. At the event, House Foods Organic Tofu moved center stage as Chef Koketsu prepared three original recipes that included an appetizer, entrée, and dessert. The three recipes highlighted the Tofu's ability to absorb flavors with an astounding array of different combinations.
Info: www.house-foods.com

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212- 685-1410 10am - 8pm (7DAYS OPEN)
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entertainment ★ film

A SOUL SEARCH OF A DIFFERENT KIND

Photo courtesy of Regent Releasing / Here Media

Great films are hard to categorize using typical genre terminology – comedy, drama, action, thriller – because when something feels true to life, it's just a mix of all those things. Life can derail you from one path, put you on a quirky new road, and after some funny and sad twists, offer a new door to open. This is what director Yojiro Takita's new film, *Departures*, is like, a quiet, thoughtful journey of one man rediscovering himself, that also opens a new level of understanding of Japanese culture for the audience.

When our protagonist, Daigo, an aspiring cellist, is met with news that his orchestra is being dissolved – just after spending a fortune on a new cello – he sells off his dream and moves back to his rural hometown and childhood home with his wife. There, he answers a job advertisement that through a printing error seems to be for a travel agency – but turns out to be for the job as an Nokanshi (Encoffiner), a ceremonial job that is culturally significant, incredibly traditional, and yet often met with disdain from modern culture. Soon, he is struggling with his admiration for the craft and respect for the dead, while keeping it a secret from his wife and avoiding derisive looks from his neighbors.

The talented cast, which includes a well disciplined Masahiro Motoki as Daigo and an incredible list of supporting actors (Tampopo fans will recognize Tsutomu Yamazaki), conveys a wide spectrum of perspectives and emotions, filling the film with authenticity and personality. The film occasionally dips in the melodramatic, from a western viewpoint, but that's just a minor criticism. Along with the actors, Kundo Koyama's balanced script, Takita's assured direction, and Joe Hisaishi's score all work together to achieve a convincing portrayal of grief and acceptance.

Your preview to this wonderful film may have been on the night of the Academy Awards this past February when Departures won the Oscar for Best Foreign Language Film. But you'll be able to see the entire thing starting May 29th – check your local listings and don't miss this one.

—By *Nobi Nakanishi*

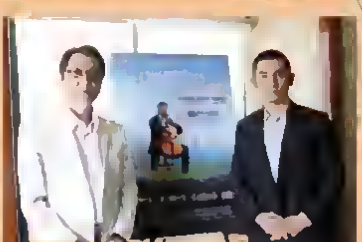
Nobi Nakanishi is an award-winning screenwriter and playwright based in New York City and Creative Director of Angry Ant Media.

DEPARTURES *(2008)*

Directed by Yojiro Takita
Produced by Toshiaki Nakazawa
Ichiro Nobukuni, Toshihisa Watai
Written by Kundo Koyama
Cast: Masahiro Motoki, Tsutomu Yamazaki, Ryoko Hirosue, Kazuko Yoshiyuki

"The film is inspired by Shimmon Aoki's book "Nokanfu Nikki (Coffinman)."

"Departures" is scheduled to open Friday May 29th in NY at the Lincoln Plaza Cinema, Cinema 1, 2, 3 and the Sunshine Cinema in New York City.



Lead actor Masahiro Motoki (right) and director, Yojiro Takita (left) visited New York last month to participate in Tribeca Film Festival. "It was challenging to tackle such a delicate theme. We were so careful about depicting the views on life and death. I'm so curious how the audience who has a different cultural background will receive the film," says Takita.

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Charms in Japan -Vol.5-

J u z u

In ancient times, people put on precious stones to protect themselves from natural disaster and misfortune. It developed into juzu, a rosary-like string of beads which is used among Buddhists while praying for the deceased. It came to Japan with Buddhism from India via China about 1500 years ago. The prototype of juzu has 108 beads, the number representing that of worldly desires in Buddhism, and each bead absorbs each worldly desire and protects the person who uses the juzu. Nowadays, there are several different versions of juzu available, 54 beads, 36 beads, 27 beads, 18 beads and even bracelet style juzu for daily use.

Courtesy of Bruxia Nishimura / http://members.at.infoseek.co.jp/bruxia/
Illustration by Makiko Kanno

What on Earth?

衣替え

KOROMOGAE

It is quite natural for people to switch what they might usually wear because of climate change, but this is not allowed for some people in Japan. June is the month for "koromogae," the time when people change from thick and dark winter clothes to thin and light summer garments. This custom is followed by public employees and anyone who wears a uniform (students, bank clerks, front desk staff, and hotel employees, for example). In schools, students take off their winter jackets and put on vests, change long-sleeved gym suits to short-sleeved T-shirts, and wear cotton instead of wool. Although there is a one- to two-week-long transitional period during which people can choose to wear either summer or winter uniforms, they must change their clothes—no matter how cold it is—when this period is over.

This custom originates in events observed by nobles during the Heian period (794 until the late twelfth century), when Japanese followed a system influenced by China. In those days, it was a ritual to change seasonal clothing on April 1 and October 1. By the time of the Edo period (1603–1867), the ritual had spread to the samurai class and had become more complicated. From April 1 to May 4 and from September 1 to 8, people wore kimono with liners, kimono were worn without liners from May 5 to August 31. Between September 9 and March 31, they wore padded kimono. It was after the Meiji Restoration that Japanese people began observing today's koromogae. These days, koromogae day is observed mostly in schools and public offices, private entities are not bound by this convention, but those who wear kimono still generally abide by it.

The important and practical issue when people actually do change over their clothing is how to store their clothes in the closet. Since winter clothing must stay in the closet for almost 6 months, people should be careful about protecting clothes from mold and bugs. There are some basic principles for maintaining clothing during storage. First, remove all stains and dirt, which act as food for bugs, from the clothes. Second, make sure all the clothing is dry. Bugs love moisture, and moisture also brings mold. Place the clothing outside on an overcast and breezy day so that it dries slowly. This is called "mushi-boshi," which literally means "bug-dry." It is best to open the closet door every two weeks to refresh the air during the storage period. Third, mothballs are a must. It is best to choose different mothballs according to materials of the clothes.

While "koromogae" refers to a practical tradition, the word is also employed as a "kigo" (seasonal word) in traditional Japanese poems such as haiku and tanka. Every time Japanese find the word "koromogae" in these poems, they think summer has come.

SUMMER COOKING

TOMATO + TOFU

Nothing says summer like juicy, red ripened tomatoes. Although available fresh all year, tomatoes are most flavorful during the peak season, June through September. Summer tomatoes sing out in salads, sandwiches, pasta dishes and many others.... but they taste unbelievably good with Tofu, too. Try these recipes to enjoy the season!

TOFU TOSTADAS

How to Cook

1 Mix all ingredients with lime juice
2 Season with salt and pepper
3 Serve on top of tostada

Ingredients (serves 4)

- ½ Package (7oz) of House Organic Tofu Firm, drained and diced
- ½ cup finely chopped onions
- 1 cup chopped tomato
- 2 tablespoons chopped cilantro
- 1 avocado, peeled, seeded chopped
- Juice of 1 lime
- 4 corn tostadas (deep fried tortilla)

TOFU PRIMAVERA PIZZA

How to Cook

1 Pre-heat oven to 425°
2 Drain tofu and pat dry Cut tofu into bite-size pieces
3 Steam broccoli pieces on stove top or in microwave for 1 ½ minutes Heat again for 3-4 minutes
4 Slice tomatoes
5 Place crust on pizza pan or cookie sheet and spread tomato sauce evenly over crust
6 Sprinkle with tofu pieces, broccoli and cheese Add other toppings, if desired
7 Arrange tomato slices on top
8 Bake for 15-18 minutes, or until cheese is melted and toppings slightly browned

Ingredients (serves 4)

- ½ Package of House Organic Tofu Firm or Tofu Steak, Garlic & Pepper
- 1 (10- to 12-inch) ready-made pizza crust
- 1 cup pizza sauce
- 1 ½ cups broccoli florets, cut in bite-size pieces
- 1 cup grated, low-fat mozzarella or jack cheese, or combination
- 2 small tomatoes

Optional chopped onions, sliced olives or vegetable toppings of your choice

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